What are Your Daily Hassles?

Negative big life events such as losing a job, death of a loved one, and moving to another location can be extremely stressful and can cloud every moment of the day. On the other hand, it is the daily annoying or troublesome concerns that cause enough worry, anxiety, and/or stress to wear people down over time.

Identify your daily hassles below by placing a check mark in front of the hassles that stress you out and then after each one that you check, describe why it is a daily hassle for you.

- Big life events
- Crime
- Disagreements
- Family
- Finances
- Future concerns
- Getting ahead
- Gossip
- Health
- Home maintenance
- Interruptions
- Job
- Loneliness
- Losing things
- Neighbors
- Noise
- Past events
- Politics
- Pollution
- Responsibilities
- Sleep issues
- Social obligations
- Thoughtlessness
- Time
- To-do list
- Traffic
- Unkindness
- Vehicle
- Volunteer job
- Waiting
- Weight
- World affairs
- Other