

Daily Hassles

Daily hassles are little stressors which can result in big stress when they happen together frequently. Please take a moment to write down a few of your daily hassles. Some examples are...getting stuck in traffic, missing the bus, losing something, rushing to get assignments or work projects done, getting the kids up and to school. These may be affecting you more than you think.

1. _____

2. _____

3. _____

4. _____