

## Student Counselling Office (Zentrale Studienberatung)

## Stress analysis

## 1. Questions to help you assess what stresses you

Do you know what stresses you? The first step in overcoming stress is to carry out a stress analysis. Only once you know what circumstances stress you can you think about what you should change in future.

- 1. On a scale from 1 (= a little) to 10 (= a lot), how stressed do you feel at the moment?
- 2. What are the main causes of your stress? Are they external or internal factors?
- 3. How do you react to stress? (physically, thoughts, feelings, behaviour)
- 4. What tools/aids do you use to deal with stress?
- 5. What does relaxation mean for you?
- 6. How often do you relax during the day?

**Student Counselling Office (Zentrale Studienberatung),** HAW Hamburg, Stiftstraße 69, 20099 Hamburg We're here to answer all of your questions about your studies – by email, by phone or in person. You can find up-to-date contact information and office hours at bit.ly/HAW-ZSB.