

**Modern Stresses Series: Changing the Dynamic Assessment Form**

Health Impacting Stress Assessment

The image shows a dynamic assessment form template. It consists of three rows, each containing four circular gauges. Each gauge has a light blue background and a central black dot. The gauges are divided into segments of color: red, orange, yellow, green, and dark green. Below each row of gauges is a horizontal row of four empty rectangular input boxes. The entire form is set against a light purple background with rounded corners.

Consider subjects like (you can add to):

Hydration	Regular Sleep	Healthy Foods	Alcohol	Exercise
Caffine	Sugar	Fatty Foods	Drugs	Medication
Sofa Time	Tech Breaks	Smoking	Binging	Isolation from others
Anger	Having Fun	Hobby	Churning Thoughts	Feeling Anxious (No explanation)

Note: If you are struggling to order your thoughts enough to run through this test, speak to a GP or self-refer to a counsellor.

Health Impacting Stress Assessment

Consider subjects like (you can add to):

Work Situations	Home Situations	Romantic Relationships	Family Relationships	Friendships
Workload (Work or Home)	Finances	Children	Moving Home	Grief
Supporting Others (Emotion)	Supporting Others (Finance)	Unable to say NO	Divorce	Health Issues
Responsibilities	Events	Expectation vs Desire	Lack of Control	Communication

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