

Daily Hassles and Uplifts

It's not just the major life events that influence stress levels. Daily hassles and uplifts influence people's stress load too. Those minor annoyances that happen daily can add up to become a big part of your stress load. Compare the responses of the three groups surveyed below, then list your own hassles and uplifts. Focus on your uplifts to reduce stress.

A Group of Middle-Aged Men and Women

Hassles

1. Concern about weight
2. Health of family member
3. Rising prices of common goods

Uplifts

1. Relating well with spouse or lover
2. Relating well with friends
3. Completing a task

Group of College Students

Hassles

1. Anxiety over wasting time
2. Meeting high standards
3. Being lonely

Uplifts

1. Having fun
2. Laughing
3. Entertainment

A Group of Health Professionals

Hassles

1. Career pressures and anxieties
2. Too much to do, not enough time
3. Trouble relaxing

Uplifts

1. Relating well with spouse or lover
2. Relating well with friends
3. Completing a task

Understanding Stress

Your Hassles

- 1.
- 2.
- 3.

Your Uplifts

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Source-Richard Lazarus, Ph.D., University of California at Berkeley