CORPORATE STRESS AUDIT CHECKLIST

UNCOVER YOUR HIDDEN WORKPLACE STRESS TRIGGERS IN UNDER 10 MINUTES

@NEHMEMOUSSATHERAPIST

Welcome!

This free checklist was designed with you in mind — a simple yet strong tool to spot what's draining your energy and take the first step toward balance.

ABOUT ME

I'm a psychotherapist and the creator of the **Stress Reset System**, a program designed to help leaders and entrepreneurs prevent burnout and master stress so they can lead with clarity, perform at their peak, and still enjoy life outside of work.

My mission is to give high-achievers the tools to stay resilient, focused, and balanced in both their careers and personal lives.

This workbook is designed specifically for professionals and corporate leaders who want to identify **the hidden stressors** affecting their productivity, focus, and wellbeing.

The goal is simple: give you a quick, practical tool to **uncover where stress is coming from** — and show you how to take your first step toward a calmer, more resilient workday.

Nehme Moussa

STEP 1: QUICK INSTRUCTIONS

✅ Read each statement.
✅ Tick ✔ if it happens to you often.
✅ Add up your ticks per category.
✅ Highlight your Top 3 Stress Zones
   → that's where you focus first.

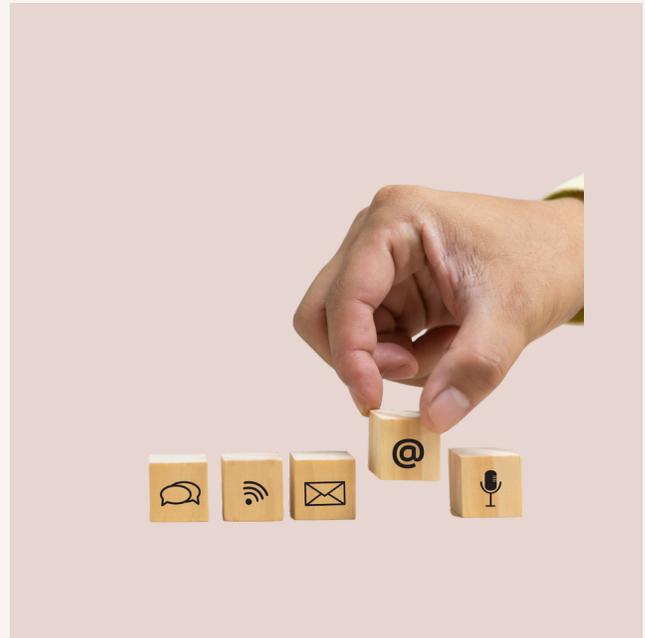# STEP 2: THE 15-POINT STRESS AUDIT

A. Workload & Time Pressure

☐ I regularly feel overwhelmed by deadlines.

☐ I often skip breaks or meals due to workload.

☐ My workday rarely ends on time.

B. Communication & Meetings

☐ I spend too much time in unproductive meetings.

☐ I receive unclear instructions that increase stress.

☐ I check/respond to emails or messages late at night.

C. Digital Overload

☐ Constant notifications disrupt my focus.

☐ I multitask across too many apps/tools daily.

☐ I feel mentally drained after long screen time.

D. Leadership & Team Dynamics

☐ I feel unsupported by leadership during high stress.

☐ Conflict or tension with colleagues impacts my mood.

☐ I hesitate to ask for help or delegate.

E. Mind & Body Signals

☐ I notice physical signs of stress (tension, headaches, poor sleep).

☐ I carry work worries into personal time.

☐ I feel "always on" and unable to mentally switch off

STEP 3: SCORE & INTERPRET

- 0 checks → Low Stress Zone ✅
- 1 check → Mild Stress Zone ⚠️ (worth monitoring)
- 2–3 checks → High Stress Zone 🚨 (priority area for action)

👉 Circle your Top 2–3 High Stress Zones — these are your focus points for the Reset Roadmap.

STEP 4: YOUR RESET ROADMAP (QUICK WINS)

- **Workload & Time Pressure** → Try the "Priority 3 Rule" (focus only on your 3 must-do tasks daily).

- **Communication & Meetings** → Block "no-meeting" focus time daily.

- **Digital Overload** → Silence non-critical notifications for 2 hours/day.

- **Leadership & Team Dynamics** → Use a 2-minute check-in ritual with your manager/team.

- **Mind & Body Signals** → Try the 5-5-5 breathing reset (inhale 5, hold 5, exhale 5).

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STRUGGLING TO NAVIGATE A STRESSFUL LIFE?

This checklist helps you identify the key stress points impacting your performance and well-being.

If you're ready to eliminate stress from your personal and professional life, book your free discovery call now, and I'll personally guide you in creating a **Stress Reset Plan** that's tailored to your **unique triggers, schedule, and leadership demands**—and designed to **actually work!**

SCHEDULE A FREE CALL