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Judging off of the score, it would seem to appear that I have quite a high level of stress in my life. There are a number of situations that appeared in my list due to the fact that I needed to move out and live away from home for the first time in my life, and also having dropped out of uni previously just over a year ago, my initial feelings about restarting at another uni did increase the levels of stress that I endured. Also having to learn to become more independent did also add to this stress as I had previously commuted when I went to my last uni and did not need as much of the skills that I require to live as I currently do. Planning my holiday was also quite stressful as I was in charge of having to deal with making sure that we had the documents required to go on the holiday, as well as having the flights booked, the hotel managed and the finances to support this trip. Also when we got there, we had to try and remember where to go in relation to the main town from our hotel, and finding out all the places we had to go so we could try and plan ahead for the days we were there. Our overnight delay definitely lead to much not needed stress as it made us much later than we were meant to be and also the fact that this was the first holiday that I had been on without my family made it all the more stressful as I had to be much more responsible for what was going on.