

IDENTIFYING YOUR STRESSORS EXERCISE

Use this tool to list your stressors. Check the box for each stressor in your life and/or add any stressors not listed:

<input type="checkbox"/> Long hours	<input type="checkbox"/> Heavy workload	<input type="checkbox"/> Changes within job	<input type="checkbox"/> Tight deadlines
<input type="checkbox"/> Changes to duties	<input type="checkbox"/> Few promotional opportunities	<input type="checkbox"/> Boring work	<input type="checkbox"/> Relationships with colleagues or bosses
<input type="checkbox"/> Over-supervision	<input type="checkbox"/> Lack of autonomy	<input type="checkbox"/> Travel/vacation/holidays	<input type="checkbox"/> Commuting to work
<input type="checkbox"/> Lack of confidence	<input type="checkbox"/> Planning for work	<input type="checkbox"/> Work environment	<input type="checkbox"/> Lack of proper resources
<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____	<input type="checkbox"/> Other _____

Now, review your list of stressors and, for each one, ask:

- Is this important to me?
- Is this under my control?

List each of your stressors in the appropriate box below:

	Important	Not Important
Control		
Do not Control		

1. Determine whether your stressor is important to you. If it is not, try and let it go.
2. Determine whether you can or cannot control your stressor.
3. Focus on your influence – what behaviours can you change?
4. Differentiate between ruminating (repetitive negative thinking) and problem-solving – is your thinking productive?
5. Take some time to address those stressors that you feel are important and that you do have at least some control over.
6. Practice stress management techniques for the stressors that are important but that you do not control. You might also avoid these stressors or limit exposure to them.