

Control of Stressors

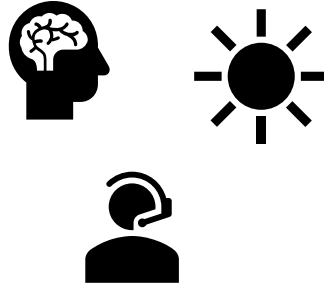
1. In the left column, list the stressors (demands) you have experienced in the past week.
2. Label each stressor as one of the following:
 - a. **Life – Major life event** (clear onset. *Ex: death in family, changes in employment, relationship changes, illness/injury*)
 - b. **Strain – Chronic strain** (continuing and enduring problems. *Ex: housing situation, daily commute, chronic pain, daily caregiving*)
 - c. **Hassle – Daily hassle** (relatively minor daily events. *Ex: disagreements, inconveniences, accident on road, traffic stop*)
3. Estimate the degree of control you have over each stressor on a scale of 1-5, with 1 being very little control and 5 being a lot of control
4. Circle the stressor(s) marked 4 or 5
 - a. Focus on strategies for managing these stressors
5. Underline the stressor(s) marked 1 or 2
 - a. Develop strategies for “letting go” of these stressors

| Stressor(s) (in the past week) | Life (X) | Strain (X) | Hassle (X) | Control (1-5) | What I Can Do (refer to pg. 2 for ideas) |
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What Can You Do to Manage Stressors?

◇ Support systems

- ◇ Psychological/Emotional
- ◇ Informational
- ◇ Tangible
- ◇ Affirmational
- ◇ Belonging



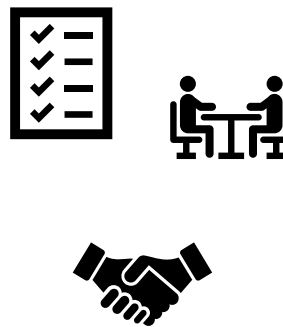
◇ Well-Being

- ◇ Physical Activity
- ◇ Nutrition
- ◇ Mindfulness
- ◇ Meditation
- ◇ Practice Gratitude
- ◇ Sleep



◇ Workplace

- ◇ Prioritize
- ◇ Ask for Help
- ◇ Professional development
- ◇ Communicate
- ◇ Set expectations



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