

Exercise: Identify the Agents of Stress

Think about the things that stress you—it could be your workload, interpersonal problems, excessive pressure, major life changes, and so on.

Name the three most stressful aspects in your life and try to answer the questions for each.

Stress factor #1	
Why is it stressful?	
Is it temporary or permanent?	
Does the stress impact you negatively?	
Can you change something about the situation?	
What would need to change to make it less stressful?	
What are realistic and concrete steps to reduce stress in this particular area?	

Stress factor #2	
Why is it stressful?	
Is it temporary or permanent?	
Does the stress impact you negatively?	
Can you change something about the situation?	
What would need to change to make it less stressful?	
What are realistic and concrete steps to reduce stress in this particular area?	



Stress factor #3	
Why is it stressful?	
Is it temporary or permanent?	
Does the stress impact you negatively?	
Can you change something about the situation?	
What would need to change to make it less stressful?	
What are realistic and concrete steps to reduce stress in this particular area?	