

Exploring my stress

Everyone experiences stress in their lives. Not all stress is bad. Moderate levels of stress can be motivational and boost our productivity. However, too much stress combined with poor coping strategies can be detrimental to physical and mental health. It is important to understand what causes you stress and how that affects you.

Daily disturbances

List some annoyances and hassles in daily life:

Major life stressors

List what you consider to be your major life stressors (big events or changes that require adjustment - they can be both positive and negative):

Do you benefit from stress in any way? How does the stress help you?

What do you lose due to stress? How does stress hurt you?

Healthy coping skills

List any behaviours or reactions that help you manage stress and unpleasant emotions:

My protection

List your personal characteristics, important people or other life circumstances that protect you from stress:
