

What is stressing you out?

WHAT IS A STRESSOR?

A stressor is a factor, event, or circumstance that causes stress. There are two main types of stressors: external and internal.



EXTERNAL STRESSORS

EXTERNAL STRESSORS ARE THOSE THAT ORIGINATE OUTSIDE OF YOURSELF.



INTERNAL STRESSORS

INTERNAL STRESSORS ARE THOSE THAT ORIGINATE WITHIN YOURSELF. CIRCLE EVERYTHING THAT APPLIES TO YOU. KNOWING YOUR STRESSOR HELPS YOU MANAGE IT BETTER



FACTS ABOUT STRESSORS

- 1) Internal stressors are mostly under our control, whereas external stressors can sometimes feel outside of our control.
- 2) You might be able to completely eliminate some stressors while others you may only be able to manage or reduce.
- 3) Stressors change over time as your circumstances change.
- 4) While stressors are always going to exist, how you perceive them and tackle them is in your control.

Now, let's see what you can do about the existing stressors that you have circled.

Can you cut any of these stressors out of your life? If so which ones?

What are the stressors you can't cut completely out of your life but can change in some way?

How would you change these stressors?

WHAT TO DO WITH STRESSORS YOU CANNOT CUT OUT OF YOUR LIFE OR CHANGE?

- 1) Accept and acknowledge that these stressors are a part of your life, and use mindfulness to accept them without judgment.
- 2) Prioritize and plan your time carefully, so that you can devote adequate resources to deal with these stressors.
- 3) Use coping strategies, such as exercise, meditation, social support, and self-care to manage your stress more effectively.
- 4) Finally, remember that you don't have to deal with these stressors alone. Seek help from friends, family, counsellors, or other support systems.