



DEVELOPING YOUR STRESS LIST

You Can't Change What You Don't Know:

Becoming aware of your stressors is the FIRST STEP toward effectively managing stress.

Personal health and well being: (comfort, success, safety, behavior)

Family: (health, changes, finances, relationship)

Job-related concerns: (people, performance, future)

Community Issues: (taxes, politics, schools, neighbors)

Global Issues: (war, natural disaster, human rights)

Trivia: (the little things that bother you)
