Stress Flow Chart

STRESSOR

The events & situations we associate with stress. Stressors can be internal or external.

Internal: physical well being (illness, chronic pain & medical conditions, headaches, etc.) negative thinking, worry, pessimism, etc.

External: people, places & things, (relationships, work, home care, traffic, parenting, marriage, etc.) The "nouns" of your life.

FIGHT OR FLIGHT RESPONSE

The natural alarm reaction our bodies go through in stressful situations. It especially occurs when we perceive self as not in control of the stressful situation.

The body creates stress hormones that fuel us biochemically to either fight or flee from the stressor. These also fuel anxiety and/or anger.

THOUGHTS

What we say to ourselves and say out loud. Our "self-talk."

FEELINGS

Emotions (sad, happy, anxiety, fear, anger, hopelessness)

Thoughts & feelings together create our attitude about the stressor. Attitude influences the choices we make.

CHOICE

Acknowledging that we consciously choose our actions allows us to take personal responsibility for those actions.

ACTIONS

What we do, our behavior. Becoming overly emotional can lead to becoming reactive in our behavior.

Negative actions can lead to negative consequences ultimately creating more stress.