**Pinpointing Stressors **

When we are feeling stressed and overwhelmed, sometimes we have trouble even identifying what is driving our stress. Sometimes, there may be multiple stressors and we don’t know which one(s) are really bothering us. Sometimes we focus on smaller stressors, because they feel more “manageable” than the big ones. We can’t address our stressors effectively until we can pinpoint what is really bothering us. To help pinpoint your stressors, try the following exercise. (Once you’ve pinpointed your stressors, consider making a Stressor Action Plan)

What are 3 important things contributing to my stress right now:

|  |
| --- |
| 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 |
| 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 |
| 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 |

Is there anything I haven’t included above because I don’t like thinking about it and/or don’t know what to do about it? If so, what is it?

Is there anything I am trying to avoid thinking about or doing right now? If so, why?

Of the factors listed above, what 1-2 are bothering me the most?

Why, specifically, are they bothering me?

*Example:*

What are 3 important things contributing to my stress right now:

|  |
| --- |
| 1. \_*Oceans lesson plan*\_\_
 |
| 1. *Monday meeting w/ Admin*
 |
| 1. *Soccer enrollment for Katie*
 |

Is there anything I haven’t included above because I don’t like thinking about it and/or don’t know what to do about it? If so, what is it? *Fight w/ my spouse*

Is there anything I am trying to avoid thinking about or doing right now? If so, why? *Fight with my spouse b/c we always fight about the same thing, I don’t know what to do about it.*

Of the factors listed above, what 1-2 are bothering me the most?

*Fight, Admin meeting*

Why, specifically, are they bothering me?

*Fight because it feels tense around the house, it feels unresolved*

*Admin meeting because it I want to speak up about the proposal but I don’t know quite what I want to say. And because it always runs long and I get home late.*