WHERE DOES MY STRESS COME FROM?

Please identify the STRESS in your life.

❖ Job Stress

Work environment; the demands and pressures of your job; job or career expectations; the kind of work you do; events at work

___________________________________________________________________________

❖ Environmental Stress

Noise; crowding; pollution; untidiness; dirt; other distractions

___________________________________________________________________________

❖ Survival Stress

When your survival or health is threatened; when you are “under pressure”; when you experience an unpleasant or challenging event

___________________________________________________________________________

❖ Internally Generated Stress

Personal expectations; self-talk; an anticipation or anxious worrying; a tense, hurried approach to life; an ‘addiction’ to or enjoyment of stress; perfectionism; chronic anger

___________________________________________________________________________

❖ Chemical and Nutritional Stress

What you eat; your tendency to diet to excess or to overeat; use or overuse of caffeine, nicotine, alcohol, drugs (including prescription medications)

___________________________________________________________________________
 жизненные изменения

свадьба; развод; смерть в семье; рождение ребенка (вспомните Social Readjustment Rating Scale)

другие факторы

год; здоровье; финансовая ситуация; удовлетворение жизнью