Identifying your Stress Triggers

For the next week, write down the situations, events and people who cause you to have a negative physical, mental or emotional response. Give a brief description of the situation. Where were you? Who was involved? Also, describe your feelings and your reaction. Did you feel frustrated, angry or nervous? Did you stay silent, blow up, or walk away?

Date	Description of the Situation	Others involved: Coworker, boss, other drivers?	Feelings: Angry, nervous, frustrated?	Reaction: What did you do?

At the end of the week, choose one situation to work by exploring the problem, looking for ways to resolve it, and selecting and implementing a solution. Suppose, for instance, that you're behind at work because you leave early to pick up your son from school. You might check with other parents to see if your son can ride with them. Or, you might come in early, work through your lunch hour or take work home to catch up. The best way of coping with stress is to try to find a way to change the circumstances that are causing it.

545 E. Tennessee St Tallahassee FL 32303 (850)544-5864