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## Exercise: Identifying Common Personal Stressors

We are more likely to feel stressed by personal situations that are (or that we perceive to be) unexpected, unpredictable, and out of our control. That being said, we also tend to experience the same types of stressors again and again (but, we sometimes forget this in the moment!).

It can be helpful to anticipate the types of situations that create stress for us, to understand what it is that feels most stressful about the situation, and to think about times we have dealt effectively with those (or similar) stressors in the past. This can help to keep our stress levels manageable. It is important to remember that although personal stressors may arise separately from work or the workplace, their effects can have serious implications for your job effectiveness.

***Start by thinking about the personal stressors you commonly experience. These may broadly be related to areas such as:***

- Conflict with loved ones
- Childcare responsibilities
- Eldercare responsibilities
- Social support network
- Physical health conditions (illness, injury, pain)
- Psychological health conditions (depression, anxiety, alcohol misuse)
- Financial concerns
- Losses
- Uncertainty/disappointment
- Conflicting demands
- Lack of appreciation or recognition



List your most common personal stressors below. Be specific. Identify what specifically about these situations creates stress for you. Then, identify a specific time that you dealt effectively with these (or similar) stressors: what did you do, and what helped? Keep this in mind the next time you experience each stressor.

| Common Personal Stressors (be specific) | Why This Feels Stressful to Me | How Have I Dealt Effectively with the Stressor in the Past? |
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