

Spend a few moments now considering the things that currently cause you stress. Consider times during the last few days and weeks when you have felt stressed and make a few notes about what the situations were. They may be fairly minor but frequent stresses that occur on a daily basis – is there a time of the day that you find particularly stressful? Is there an aspect of your day that you find stressful? Is there an area of your life currently that is causing stress? It may be that signs of stress are not initially obvious or may not fit typically with a ‘fight or flight’ response but rather it may be that you are rushing around or feeling constantly pushed for time. It may also be emotional indicators such as feeling irritable.

My stressful situation/s:

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Once you have identified a situation, consider how this has an impact on you by writing down in Fig. 7 below what it is about the situation that leads to stress, how this makes you feel (emotions such as worry, nervousness or feeling overwhelmed), what your thought processes are within this situation (what do you worry might happen?), and what you do to cope (behaviour).

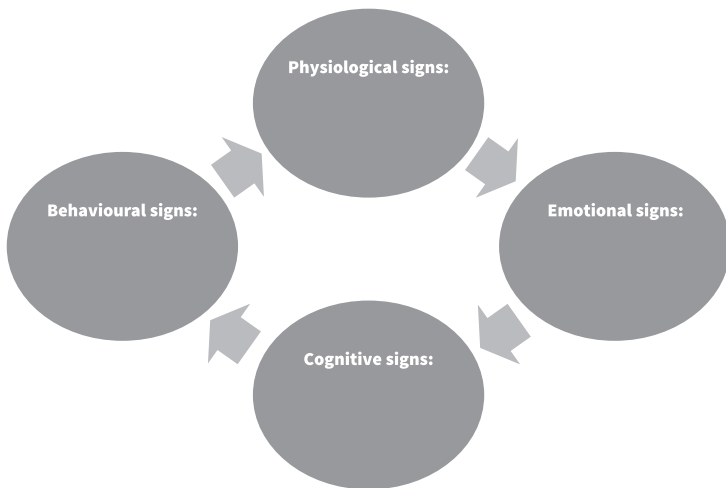


Figure 7: Cognitive behavioural vicious cycle of stress – for you to complete