

Consider Your Stressors

How does stress fit into our relationship with wellness? It's easy to assume that we need to get rid of it – that it lies in opposition to wellness, impeding our ability to reach our holistic potential.

But it can be a powerful shift to think of stress as something to which we relate, rather than something to which we are a passive victim. We have a relationship with the stressors in our lives. How we nurture and tend to this relationship impacts our overall well-being. When we think of stress as something we have a relationship with, we can actively change or shift perspectives when we need to.

Imagine a typical day in your helping role. What stressors might you encounter? The table on the following page has some examples to help get you started. Feel free to make your own chart with as many examples and additional columns as you'd like:

— FILL OUT TABLE NOW —

After you've filled in the table with your stressors , consider the following questions:

- As you review your stressors, what do you notice? Are any areas more stress-laden?
- What does this tell you about your relationship with your stress?
- Would you consider any stressors helpful or motivating (i.e., “good stress”)?
- Where do you have some influence and choice to adjust unhelpful stressors?
- What steps might you be able to take in the next while to begin attending to your wellness?

Consider Your Stressors

| Internal | Environmental | Contextual | Relational |
|------------------------------------|---|---|--|
| Not enough sleep | Bad traffic on commute | Schedule too full or not full enough | Conflict among colleagues or low levels of support from team |
| Anxiety about suicidal participant | Office conditions, such as low privacy for sessions | High workplace expectations and budget cuts | Isolation (e.g., living alone and far from family, friends, or other supports) |
| Own trauma history | Community violence or poverty | New to field or role | High needs from family or others who depend on you |
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