Stress in My Work Life

Many different sources of stress occur in one’s work-life.

Identify some of the situations at work that are currently triggering stress that leads to your anxiety. Place an X in the boxes of the situations that cause you stress and anxiety at or about work. Then write which symptoms you experience when they are happening. If the issue is with one or more person, identify the person by using a name-code (LIC = Likes Ice Cream).

Work Issues

- □ Boredom
- □ Burnout
- □ Change in supervisors
- □ Change in work load
- □ Changes in finances
- □ Frustration
- □ Interruptions
- □ Isolation
- □ Lack of meaningfulness
- □ Lack of support
- □ Looking for another job
- □ Loss of a job
- □ No appreciation
- □ No control of outcome
- □ Not enough or too many hours
- □ Not valued
- □ Overload
- □ Personal injury
- □ Physical environment
- □ Poor health issues
- □ Poor performance
- □ Poor preparation and training
- □ Retirement
- □ Safety concerns
- □ Skills do not match demands
- □ The “system”
- □ Too much or too little autonomy
- □ Uncertainty
- □ Underpaid
- □ Unequal treatment
- □ Unreasonable or unfair expectations
- □ Other

Being aware of anxiety triggers is the first step in managing them. Now that you have identified the source of stress, write about how you can reduce the stressors. (Example: Talk with someone you trust, go out for lunch, take a walk during a break.) Continue writing on the reverse side of this page. Write about the stressor that is causing the most anxiety.
Stress Associated With My Relationships

Many different sources of stress occur with one’s varied relationships.

Identify some of the relationship issues that are currently triggering stress that leads to your anxiety. Place an X in the boxes of the situations that cause you stress and anxiety with any of your relationships. Then write which symptoms you experience when they are happening. If the issue is with one or more person, identify the person by using a name-code (MGF = My Good Friend).

Relationship Issues

- Abuse
- Anger
- Appreciation
- Availability
- Blame
- Breakup
- Child raising
- Children
- Clear or unclear messages
- Compatibility
- Consistency
- Control
- Crisis
- Death
- Empathy
- Family
- Finances
- Illness
- Infidelity
- In-laws
- Loyalty
- Partner
- Respect
- Sense of security
- Threats
- Trust
- Truthfulness
- Unmet needs
- Values
- Other
- Other

Being aware of anxiety triggers is the first step in managing them. Now that you have identified the relationships that are the sources of stress, write about how you can reduce the stressors. (Example: Talk with someone you trust, lessen your time with this person, take a look at the Serenity Prayer.) Continue writing on the reverse side of this page. Write about the stressor that is causing the most anxiety.
Thoughts about My Stress

Think back to a stressful situation that caused you to become intensely anxious. Journaling about that situation can help you better understand the situation and reduce your distress associated with it.

In the spaces that follow, journal about your stressful situation.

Describe the situation.____________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

How did you get into the situation? __________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

Who else plays a role in the situation? ______________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

What happened? What did you do? _________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

What didn’t you do? ______________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

(Continued on the next page)
Thoughts about My Stress (Continued)

How has it affected your present life?  ____________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

How has the event affected your future life? __________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

What was the worst aspect of the situation? _________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

Did you resolve your stress issue? _____ If not, how can you resolve your stress issue? ______
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________

What is something positive that has come out of the event? (example: relationships, new job, wisdom)
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________