

Controlling Stress in Daily Life

All people experience stress in their everyday life. Stressors are events that cause an emotional and/or physical reaction. Stress is not necessarily bad; in fact, stress can often help us focus our attention and discipline ourselves to attain goals. Positive stressors include graduation ceremonies, determining what to do after high school, wedding ceremonies and job promotions. Negative stressors include major illnesses, poor academic habits, car accidents and financial hardships.

The key to dealing with stress in our daily life is in our ability to manage it and prioritize the issues that may be most important to you. Understanding what issues can be changed or resolved and which ones cannot also helps us control stress levels.

Use the box below to help you prioritize stressors in your life and understand which ones you really can control.

First, pick up to 10 issues that you feel are most stressful to you.

Second, place each issue into one of the cells below prioritizing each one based on *Most Critical* to *Least Critical*.

Third, review where you placed each issue and evaluate the issues in each cell based on the following criteria:

1. What changes can you make to deal with the *Most Critical* issues?
2. How do you plan to cope with the most *Difficult to Change* issues?
3. Are you spending too much time on *Low Priority* issues?
4. Can you accept or forget about some of the *Least Critical* issues?

	<i>Able to Change</i>	<i>Difficult to Change</i>
<i>High Priority</i>	Box 1: Most Critical Issues	Box 2
<i>Low Priority</i>	Box 3	Box 4: Least Critical Issues