

Stress Exercise #1: Reducing Major Stressors

Choose one semi-controllable source of stress that you would like to change.

Ask yourself:

1. What can I control about this stressor?

2. What part of it do I want to change?

3. Are there any roadblocks to making this change?

4. If I change it, what else might change along with it?

5. How can I ensure the change will last?
