10 RISK FACTORS IN STRESS EXHAUSTION

Active in my life?  Can I do something about it?
Yes No  Yes No

1. NEGATIVE PERCEPTION HABITS always looking at the gloomy side, 'getting up on the wrong side of the bed" - day after day.

2. FAMILY PRESSURES they come in many forms and shapes. None of us in families escape their pressures, although sometimes they are more extreme than at other times.

3. ENVIRONMENTAL DEMANDS stressors beyond our control such as poor economy, bad weather, taxes, inflation.

4. WORK PROBLEMS boring job, conflict with co-workers, too much pressure, worry, angry boss.

5. "HELPER MENTALITY" trying to respond to everyone's needs all of the time. As admirable as this may seem it is draining and often self-destructive.

6. RESPONSIBILITY WITHOUT AUTHORITY OR RESOURCES OR GRATITUDE a job to do, without permission to do it your way or a job to do without the where-with-all to get it done or a job to do without any appreciation or thanks or feedback.

7. NEGATIVE COPING PATTERNS faulty stress safety valves (e.g. alcohol, overeating, drugs, pouting, temper tantrums, overwork, 'hiding', 'waiting'). Relying on behaviors that work in the short run but are dead-end streets. Ultimately they cause more problems than they solve in the short run.

8. UNDEVELOPED STRESS MANAGEMENT SKILLS relying on the same style of coping for every problem (inflexible). Relying on skills you were 'born with' rather than exploring and learning more functional patterns (no growth).

9. BROKEN COMPASS an internal guidance system gone haywire (no purpose, few goals, conflicting values, confused beliefs--out of touch with who you are, what's important to you and what you can be--as yet undiscovered!!!)

10. PERSONAL TRAGEDY trauma and major life changes. We all face these and alone they do not defeat us unless we already live.

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OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT

R&M SEMINARS