

10 RISK FACTORS IN STRESS EXHAUSTION

Active in my life ?

Yes No

Can I do something about it ?

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.**