EXERCISE 17: My stressors

List below the stressors which influence you negatively – both at home and at work.

For each stressor, indicate what you plan to do about it: 1) remove it, 2) reduce its negative effect, or 3) learn to live with it.

My stressors	**What I plan to do**		
	Remove	Reduce	Live with it

You can only do something about your stressors when you know what they are.
By being aware of them, you have already solved an important part of your problems.
Discuss your stressors with the people you live and work with.
Learn also to identify their negative stressors.