**Session 2 – Manage Your Stress**

*(handout 2)*

The potential sources of stress are endless and highly individual. What causes one person stress may not cause stress in someone else. Sources of stress can be divided into two categories: *external* and *internal*. The following table lists some general sources of stress. Identify and list your sources of stress that lead to negative symptoms. Be specific. Evaluate each source of stress by checking the appropriate box if it is important and/or controllable. Evaluating your stress will help you to develop effective coping strategies.

**Potential Sources of Stress**

***External*** ***Internal***

• Work • Expectations

• Family • Worry

• Life changes • Attitude

• Unpredictable events • Behavior

• Social • Health

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| **Source of Stress** | **Important** | **Controllable** | **Management Tip** |
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