

Stressor:

An activity, event, or other stimulus that causes stress.

Examples:



School



Lack of sleep



Illness

Types of stressors:

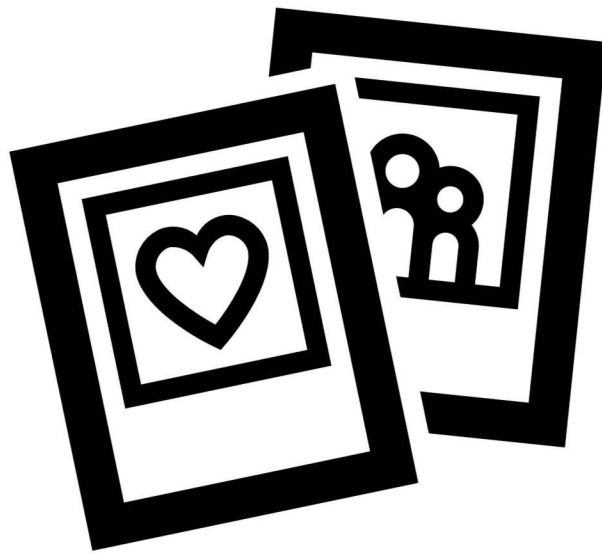
Environmental



Stressors that come from our environment and are out of our control. Examples include traffic, construction noise, earthquakes, natural disasters, or bad weather.

Types of stressors:

Social/Relational



Stressors that come from our interactions or relationships with other people. Examples include arguments, conflict with friends, loneliness, or embarrassment.

Types of stressors:

Financial

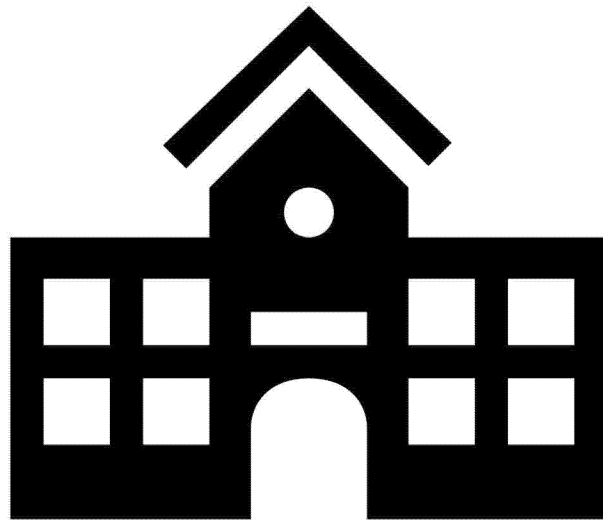


Stressors that come from money.

Examples include unexpected expenses, owing someone money, unpaid account balances, taxes.

Types of stressors:

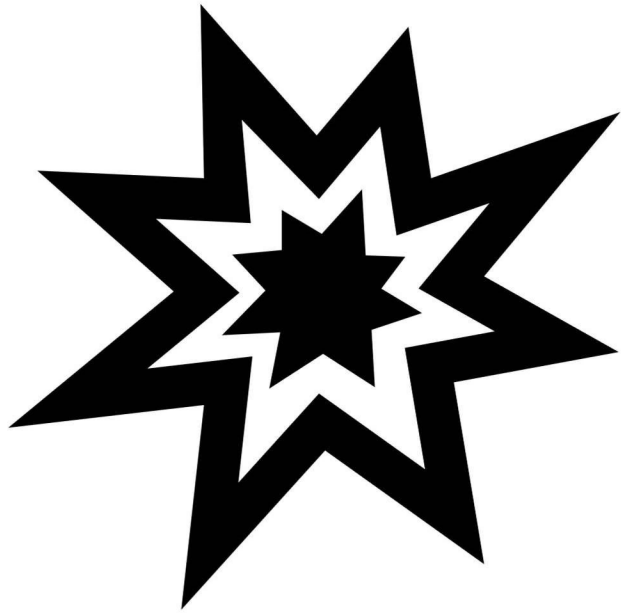
Organizational



Stressors that come from schools, workplaces, groups, or clubs. Examples include pressure to get a good grade, rules, school schedules, classrooms, or meeting a deadline.

Types of stressors:

Major Life Event



Stressors that come from big life changes. Examples include moving, changing schools, changing jobs, an addition to the family (New baby, marriage, etc.) or family divorce.

Types of stressors:

Lifestyle



Stressors that come from lifestyle choices. Examples include sleep or eating habits, school workload, drug or alcohol use, exercise habits, social media use, or screentime.

Types of stressors:

Physical



Stressors that come from our bodies
(Both expected and unexpected).

Examples include illness, injury,
medical operations, physical
disabilities, or health conditions.

Types of stressors:









Systemic



Stressors that come from society.

Examples include inequity or discrimination by age, race, national origin, gender, orientation, religion, disability, or economic status.

My Stressors

CATEGORY	STRESSOR(S)	HOW THEY FEEL
 Environmental		
 Social/relational		
 Financial		
 Organizational		
 Major life event		
 Lifestyle		
 Physiological		
 Systemic		