



Stress List Activity

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A Stress List is one way to know and identify stressors in your life. It can help point out which stressors are not worth worrying over, and which stressors you can control and change. Use these lists to begin to take action and make a change to better manage stress in your life.

Step 1

- Using the lines below, write down a list of 1-5 things that cause you worry or fear. They can be things related to home, work, finances, health, or anything else you may think of.

In my control?

Stressors List

- What items do you feel you **have some control over**? Put an “X” in the box by those items. You may be surprised to see how many stressors you actually can and do cope with on a daily basis.
- Reflection: Look at the list you wrote. Are more of your stressors things you can or cannot control?
- Write down the items with an “X” in the lines below.

Things I CAN Control

Fix, Eliminate, Accept

F E A

F E A

F E A

F E A

F E A

Coping Strategies: How might you address the items you listed?

- 5) On the right side of the list, there are letters **F**, **E** and **A**. These stand for Fix, Eliminate, and Accept. **These are strategies you can use to cope with the stressors.**
- Can you Fix the stressor? (find a solution so the stressor does not bother you)
 - Can you Eliminate the stressor? (remove it from your life)
 - Can you Accept the stressor? (accept the stressor and move on)
- 6) Next to each item you wrote, circle the letter of the strategy you feel will **best** address the stressor.
- 7) Reflection: After you have identified how to cope with the stressors that you can control, how do you feel? How has your stress about these things changed?

Step 2

- 8) Now, go to the “Stressors List” and look at the items with no “X.” These are the things you feel you **have no control over**.
- 9) Write down the items without an “X” in the lines below.

Things I CANNOT Control

Eliminate, Accept

_____	E	A
_____	E	A
_____	E	A
_____	E	A
_____	E	A

- 10) On the right side of the list, there are letters **E** and **A**, indicating the coping strategies of “eliminate” and “accept.” Notice how “fix” is not a strategy, because if you can’t control the stressor, you cannot fix it.

- Can you Eliminate the stressor? (remove it from your life)
- Can you Accept the stressor? (accept the stressor and move on)

- 11) Next to each item you wrote, circle the letter of the strategy you feel will **best** address the stressor.
- 12) Reflection: After you have identified how to cope with the stressors that you **cannot control**, how do you feel? How has your stress about these things changed?