

PERSONAL STRESS PROFILE

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls." MATTHEW 11:28-29

Do you control stress in your life or does stress control you?

Stressors are events that cause an emotional and/or physical reaction. Stress can be positive (wedding, job promotion) or negative (loss of job, car accident, major illness). But what is important is how you manage the many stressors in your life.

One way to manage stress is to prioritize the issues that are most important to you. Another is to decide what issues can be changed or resolved and which ones cannot. This exercise will help you focus on the high-priority issues and those that can be changed (Box 1).

Exercise | Identifying Most Critical Issues

1. You will each select four issues that are the most stressful for you from the P-E Report or discussion.
2. Review each issue and put it into one of the four cells below.
3. Box 1 contains the "Most Critical Issues."

	Able to Change	Difficult to Change
HIGH PRIORITY	Box 1: Most Critical Issues	Box 2
	<i>What changes can you each make?</i>	<i>How do you plan to cope?</i>
LOW PRIORITY	Box 3	Box 4: Least Critical Issues
	<i>Are you spending too much time on low-priority issues?</i>	<i>Can you accept or forget about these issues?</i>

COUPLE DISCUSSION

Select one issue from Box 1 that you will work on together as a couple. Work together as a team to achieve your goals.

1. Write down a sentence with a desired stress-reducing goal or outcome you both agree on.
2. Use the problem-solving worksheet to develop some action steps to help reduce stress.