

Identifying Sources of Stress

Type of Stressor	Stressor	E/R/C	Ideas/Strategies
<u>Emotional (Internal)</u> <i>Fears, anxieties, worries, personality traits</i>			
<u>Family</u> <i>Relationships, financial problems, child behavioral problems, empty-nest syndrome</i>			
<u>Social</u> <i>Personal community, friends, church, spiritual group</i>			
<u>Change</u> <i>Moving, getting a new job, moving in with someone, having a baby</i>			
<u>Chemical</u> <i>Using/abusing chemicals: alcohol, drugs, caffeine, cigarettes, unhealthy food</i>			
<u>Work</u> <i>Pressure at work, performance related anxiety, tight deadlines, unpredictable boss</i>			
<u>Decision</u> <i>Having to make a weighty decision</i>			
<u>Phobic</u> <i>Fears like flying in airplanes or being in tight spaces</i>			
<u>Physical</u> <i>Sleep deprivation, illness, pregnancy, chronic pain/disease</i>			
<u>Environmental</u> <i>Noise, pollution, space, temperature</i>			



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