

# Identify Stress Triggers

Use these tables to help you identify situations that trigger your stress.

## External Triggers

Area	My Triggers	Trigger Examples
Life Changes		Divorce or separation, moving, a promotion or layoff.
Environment		Loud noises, brightness, crowded spaces.
Unpredictable Events		A pandemic, having an accident or a stroke.
Work		Deadlines, difficult co-workers,
Social Life		Obligations with friends or family, fighting with a significant other.

## Internal Triggers

Area	My Triggers	Trigger Examples
Fear		Fear of failure, social situations, or flying.
Lack of Control		Feeling helpless in a situation, waiting for medical test results,
Beliefs		Perfectionist tendencies, unrealistic expectations, negative self-talk, procrastination