

Exploring Stress

PARTNER A

In the spaces below write down your most common stress-related thoughts.



Exploring Stress

PARTNER B

In the spaces below write down your most common stress-related thoughts.



Exploring Stress

Stress is often triggered by internal or external factors. As a whole, these are factors that cause a person to feel anxious, sad, depressed, or overwhelmed.

- Change in life such as the passing of a loved one or loss of a job.
- Feeling overwhelmed.
- Personal triggers. This can lead to things that have happened in your life and continue to impact you. For instance, if you went through abuse as a child and today you experience anxiety when around places or people that connect to the trauma.
- Medical changes in life such as diagnosis of cancer or an upcoming medical appointment.
- Caffeine.
- Confrontation. Such as having to confront your partner or friend regarding an issue.
- Negative thinking. This can include self-defeating thoughts like "I'm not going to get that job. I'm going to end up homeless with no friend."

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- Social events or gatherings. Such as having to go to a work function with lots of people and knowing that you will have to socialize.
- Conflict. Some people are triggered by conflict situations. For instance, you may experience rapid heart rate when in a situation of conflict.
- Skipping meals can lead to a decrease in sugar which tends to make a person feel jittery and on edge.
- Financial challenges or concerns. Such as growing up in poverty and feeling anxious when the bank isn't at what you want it to be.
- Ongoing stress. Most people experience stress on a day-to-day basis. When a person does NOT engage in stress-reducing exercises then the stress accumulates.
- More...



Exploring Stress

PARTNER A



Share with your partner:

- 1 stressor that you can help me with is...
- Having your support will make me feel...
- Having your support would impact our relationship by...

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Exploring Stress

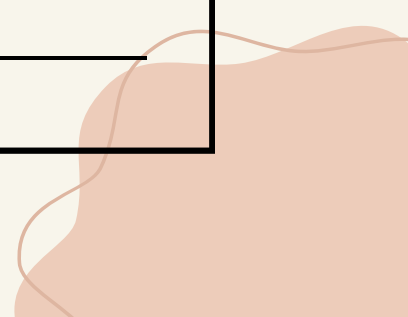
PARTNER B



Share with your partner:

- 1 stressor that you can help me with is...
- Having your support will make me feel...
- Having your support would impact our relationship by...

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Exploring Stress

Step 1: Select a low-level (easy) stressor from the list above to give to your partner.

Step 2: Now that you have the stressor. Do your best to support your partner in two ways:

1. Provide them with support using the support that they desire.
2. Provide support in the manner that you feel comfortable giving.

Step 3: After completing the first two steps. Reflect on the following together:

- Share appreciation for each other.
- What was it like doing the exercise?
- What did you get out of the exercise?
- How did the exercise impact the relationship?
- How can we continue to use the exercise?
- What was it like to receive the 2 types of support?