

Food Safety and Inspection Service
Wellness Training Program

Worksheet Nine: Controlling Stressors Exercise

Instructions:

Print out this worksheet and make a list of stressors in your life that you can possibly control in Column One. (These might be daily hassles, ongoing problems, or more rarely, major events in your life.) In Column Two, list the stressors in your life that you cannot control at all.

Stressors Under My Control (Courage)	Stressors Beyond My Control (Serenity)

Now review the stressors in Column Two. Are there any items in this column that may seem, at first glance, to be beyond your control? If you find new ways of looking at these stressors and make some changes in your life, you may be able to move them into Column One.

If the stressors in Column Two truly are out of your control, acknowledge that you can do nothing about these stressors, and turn your attention to the stressors in your life that you *can* control.

