

What Are My Problem-Focused Stressors?

Overview

Managing stress starts with identifying what's within your control. This tool helps you recognize, rank, and address the biggest stressors in your work and home life. By focusing on problem-solving strategies, you can take actionable steps toward reducing stress and improving work-life balance.

Directions

Below is a list of common stressors that can often be addressed with a problem-focused approach. Follow these steps to reflect and create a plan:

1. Rank the stressors based on their impact on you, with 1 being the most stressful.
2. Add any additional stressors that significantly affect your teaching life.
3. Develop a strategy for your top three stressors to help reduce or manage them effectively.

Rank Your Stressors

- ___ Interruptions while teaching
- ___ Blurred boundaries between work and home
- ___ Too many school-related tasks
- ___ Difficulty organizing materials
- ___ Difficulty managing time
- ___ Ineffective planning system
- ___ Overwhelming number of emails or messages
- ___ Limited planning time
- ___ Misplaced materials
- ___ Losing track of tasks
- ___ Feeling like there aren't enough hours in the day/week
- ___ Add Your Own: _____

Create Your Stress Management Plan

For your top three stressors, brainstorm strategies to help alleviate or manage them. Use this tool to reflect on what's causing stress and take steps toward solutions that work for you.

Stressor #1 Strategy:

Stressor #2 Strategy:

Stressor #3 Strategy: