



CANADA
4-H Ontario

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Internal VS External Stress

External stressors are often considered to be major life events, positive or negative. Internal stressors occur within us and are most often the main cause of stress.

Examples:

Internal Stress:

- Fears
- Beliefs
- Uncertainty
- Negative self-talk
- Pessimism
- All or nothing thinking
- Unrealistic expectations
- Rigid way of thinking
- Lack of flexibility
- The need to always be perfect

- Major life changes
- Work
- School
- Relationship difficulties
- Financial struggles

- Children and family
- Being overly busy

External Stress:

What are some external stressors you have currently?

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As you think back, what are some things you have done to effectively reduce your stress-

