



STRESS VULNERABILITY

BECOME AWARE OF YOUR OWN
STRESS VULNERABILITY AND
HOW YOU CAN IMPROVE YOUR
COPING STRATEGIES.

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YOUR STRESS VULNERABILITY

A note from your coach...

Stress is a part of life and a small amount can sometimes help us motivate ourselves. This could be related to the pressure of work, the home environment, money worries, relationships etc. Everyone experiences different degrees of vulnerability to stress and similarly they experience varying stress thresholds ie how much they can take, before it has a significant impact on mental and physical wellbeing.

It is important to be able to recognise what our stress threshold is, and at what level we can manage it without it having a detrimental impact on our health. It is also vitally important to be able to recognise what we can do to alleviate stress and allow us to look after ourselves appropriately e.g. regular exercise, enjoying a hobby, talking with friends.

The following questions can help you identify your own stress vulnerability and help you identify a plan:

Think about the things you get stressed about, whether you know when you are stressed, and how much stress you think is manageable.

WHAT THINGS DO I KNOW I GET STRESSED ABOUT?

AM I AWARE WHEN I AM GETTING STRESSED AND CANNOT COPE?

HOW MUCH STRESS CAN I HEALTHILY TAKE?

It can often prove useful to consider what things you have tried in the past to manage your stress.

WHAT THINGS HAVE I FOUND HELPFUL IN THE PAST?

WHAT THINGS HAVEN'T I FOUND HELPFUL IN THE PAST?

WHAT COULD I DO NOW TO REDUCE STRESS?

Focus on being proactive and devising steps you can take when you experience stress in the future.

WHAT COULD I DO IN THE FUTURE TO REDUCE STRESS?

HOW CAN MY THOUGHTS HELP ME IN STRESSFUL SITUATIONS?

WHAT CAN I DO TO FEEL DIFFERENTLY?

When we are stressed, we can often feel alone. It's useful to know what would trigger you seeking help and who you can turn to.

WHAT SHOULD I DO TO CHANGE MY BEHAVIOUR ABOUT THE SITUATION?

AT WHAT POINT DO I NEED TO STOP AND ASK FOR HELP?

WHERE CAN I GET MORE SUPPORT?



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