

Identifying Your Stress Resources

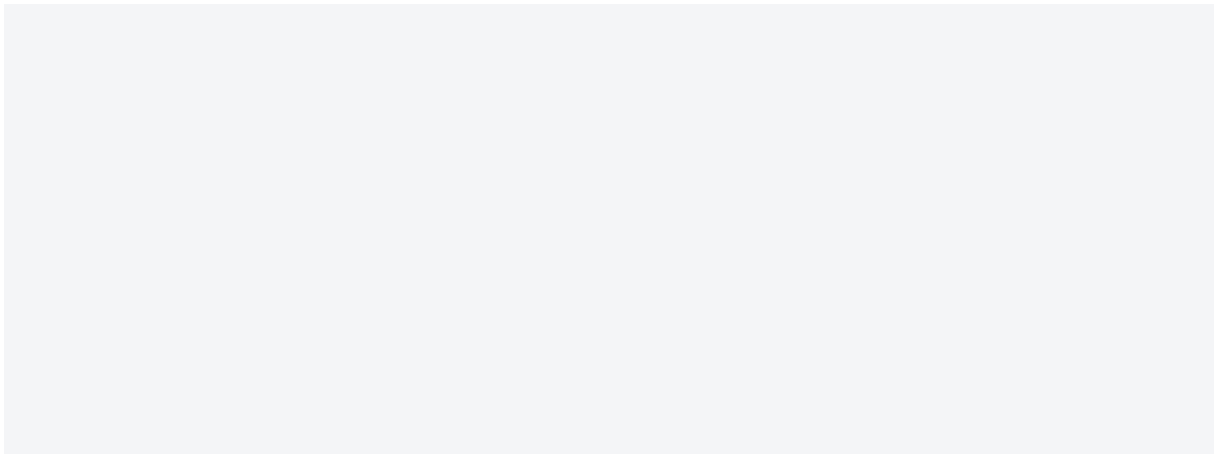
“People, institutions, communities, and other networks of support that exist outside of you comprise your external resources.” They all boost your strengths and encourage self-belief in your ability to handle and manage stress (Niemiec, 2019, p. 83).

Our resources (internal and external) provide a potentially limitless amount of support that will sustain you during challenging times and when facing stressful situations.

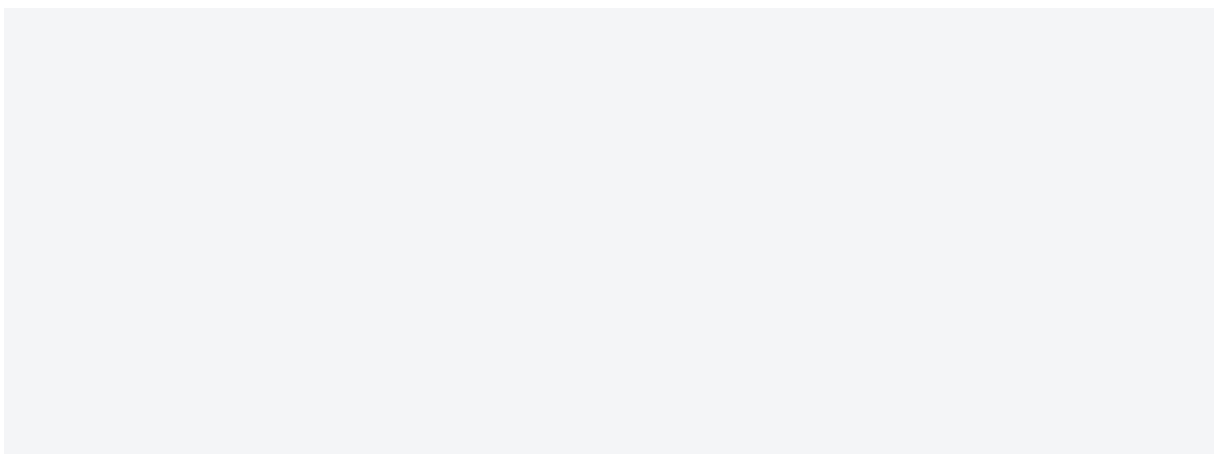
The following questions help you recognize your resources and identify how they can support your strengths.

Ask yourself the following questions, and answer in the boxes provided:

Who are your supports? Consider your colleagues, friends, family, and community. List their names:

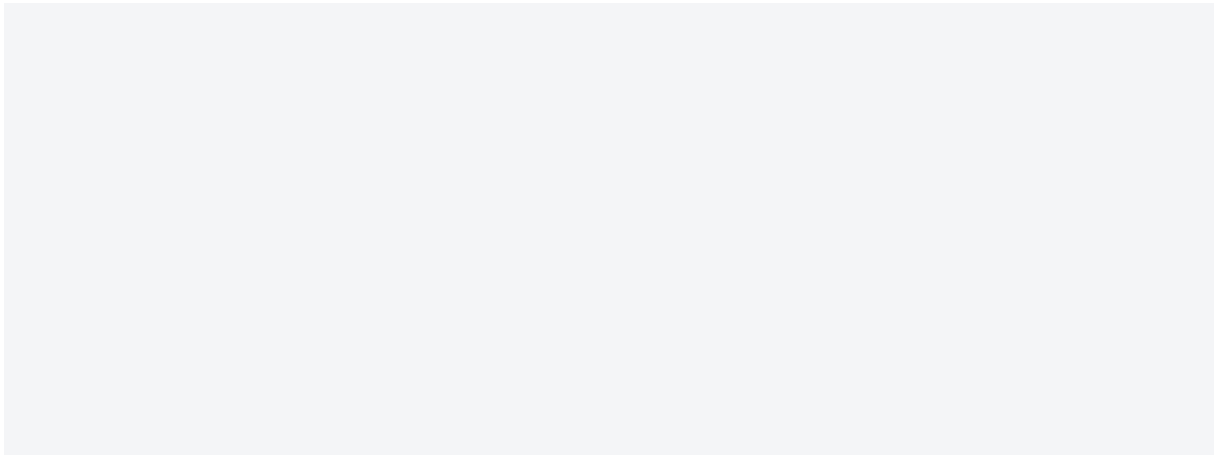


What institutions and organizations offer you support? This may include businesses, educational, charitable, or spiritual.

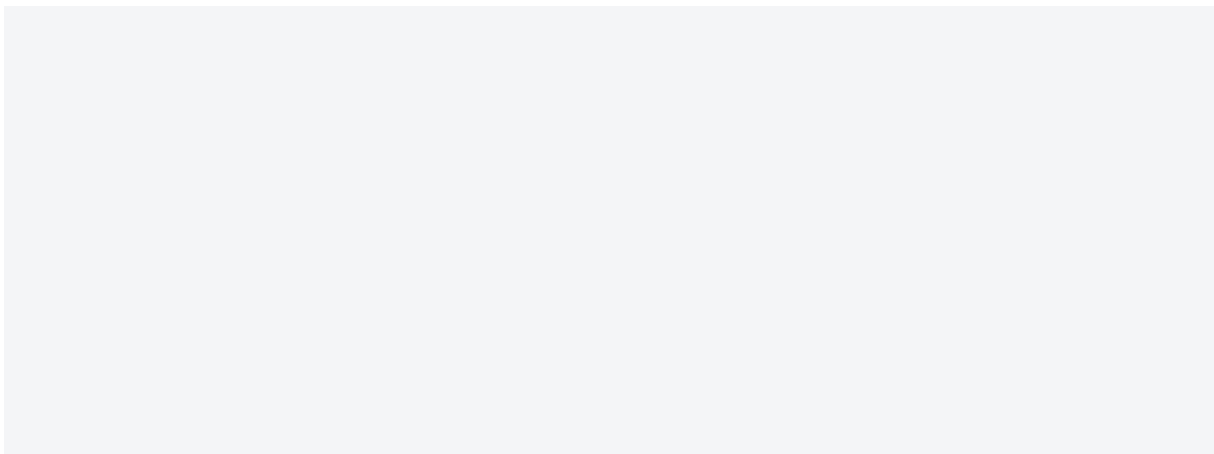


Consider each of the individuals and organizations listed above.

Which character strengths do you use to connect with them? (use the strengths from the 200+ strengths labels worksheet as a guide).



Ask yourself, how do the resources and associated strengths help you during stressful times? Consider one of the most significant stressors in your life. How did your resources and character strengths help you manage it?



Reflect on opportunities for these and other resources and strengths to help you at other significant times of stress.

References

- Niemiec, R. (2019). *Strength-based Workbook for Stress Relief: A character strengths approach to finding calm in the chaos of daily life*. Oakland, CA: New Harbinger.

Dr. Jeremy Sutton