



Stressors For Each Color

Orange	Gold
Too much responsibility	Incomplete directions, tasks, answers
Imposed structure or deadlines	Disorganization, lack of structure
Repetition, routine, being stuck at a desk	Lack of follow-through
Lack of variety, options	Irresponsibility of others
Too many rules, regulations, details	Changing details

Blue	Green
Broken promises	Lack of independence or control
Talking behind someone's back	Incompetence
Conflict, insincerity, rejection, lying, teasing that crosses a line	Inability to use or display knowledge and intellect
Lack of social contacts	Small talk / social functions
Placing "the system" before the people; placing people last	Subjective judgment / emotional displays

Reflecting on these stressors:

What actions can I take to help alleviate stress for myself and those with whom I come in contact? How can I modify my behavior or my approach?

What can I learn about myself by examining the stressors above and reflecting on how they affect me?

We can better understand ourselves and others and how we respond in a variety of situations when we learn about stressors.

Things I want to remember: