

glossary OF TERMS

STRESS INGREDIENTS

WHEN FACED WITH (OR ANTICIPATING) A SITUATION THAT IS EITHER NOVEL, UNPREDICTABLE, THREATENS OUR EGO, OR LOWERS OUR SENSE OF CONTROL WE ALL SECRETE STRESS HORMONES, "N.U.T.S."

NOVELTY

SOMETHING NEW YOU HAVE NOT EXPERIENCED BEFORE

UNPREDICTABILITY

SOMETHING YOU HAD NO WAY OF KNOWING IT WOULD OCCUR

THREAT TO THE EGO

YOUR COMPETENCE AS A PERSON IS CALLED INTO QUESTION

SENSE OF CONTROL

YOU FEEL YOU HAVE LITTLE OR NOT CONTROL OVER THE SITUATION

CENTER FOR STUDIES ON HUMAN STRESS
[HTTPS://HUMANSTRESS.CA/](https://humanstress.ca/)

thought PROMPTS

THINK ABOUT YOUR STRESSORS, IN TERMS OF "N.U.T.S."

WHAT THREAT IS MOST PRESENT OR HARDEST TO DEAL WITH?

WHEN YOU'RE FEELING STRESSED REMEMBER STRESS IS TO BE MANAGED NOT CONTROLLED.

MOVE YOUR FOCUS AWAY FROM AVOIDING ALL STRESS, AND TOWARDS TOOLS THAT ARE GOING TO BE HELPFUL IN MANAGING STRESS IF AND WHEN IT APPEARS.

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healthy pour
helping you pour from a full cup