

Stressors and Supports Exercise

1. Divide participants into small groups (5-10 participants per group).
2. Ask one half of the groups to identify supports and the other half to identify supports on the worksheet.
3. Begin by asking participants to write their ideas down on worksheet and then share as a group.
4. Lead large group debrief by asking "stressor" group to identify a single stressor and then asking "support group" if any of their supports could help mitigate the stress. Continue until all stressors have been addressed and then ask if there are any additional supports which have not been discussed.

Identify potential or existing supports in your clinical environment, department, division, and/or institution

Identify potential or existing stressors in your clinical environment, department, division, and/or institution

Identify existing external supports

Identify existing external stressors

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