



Pierrette Desrosiers  
PSYCOACHING

Cultivate  
the best  
in people  
and harvest  
success  
in business



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## TOOL - CAUSES OF STRESS AND THE REDUCTION OF STRESS

STRESS		REDUCTION OF STRESS
1.	Live with stressful personal experiences and be saddened when burdened with a chronic stress.	Consider stress as a creative element especially when it involves stimulating activities.
2.	Be a prisoner of one or several stressful situations.	Ignore stressful situations occasionally, thereby allowing you to concentrate on other matters and to relax.
3.	Maintain stressful interpersonal relationships involving factors such as your family, superior, spouse, companion, colleagues, etc.	Express your rights and your needs, while, at the same time having mutual respect for the rights of others; choose your friends carefully and maintain a good rapport with them.
4.	Maintain employment in an unpleasant, oppressive, stifling, disagreeable or menial environment.	Choose a stimulating, satisfactory and useful vocation, the execution of which brings bonuses.
5.	Being compelled to exist in an undesirable situation; Having too much to do in too little time.	Balance your workload with periods of rest.
6.	Dreading misfortune.	Compensate awkward situations with useful objectives.
7.	Having an unhealthy lifestyle involving such factors as improper diet, smoking, alcohol abuse, lack of exercise, living in a poor physical environment, etc.	Maintain your health, eat intelligently and either consume alcohol or tobacco in moderation or abstain from them entirely.
8.	Possessing a lifestyle that involves only one interest, such as your career, your social activities, your money, or sports.	Have a well-balanced lifestyle; diversify your interests to have a feeling of satisfaction involving your work, social activities, leisure activities, solitude, cultural activities, family and friends.
9.	Finding it difficult to have fun, to relax and to become involved in a temporary activity.	Appreciate the simple things in life without pondering their usefulness.
10.	Considering sexual intercourse to be a painful experience, with little satisfaction or being imposed by society, by manipulation, or by being placed in a situation of disadvantage.	Benefit from an active and open sexual life; express your preferences with honesty.
11.	Considering life as being serious and difficult, without sufficient humor.	Enjoy your life; be able to laugh at yourself and have a good sense of the humor.
12.	Avoiding a social life, placing you into restrictive and punitive roles.	Avoid being involved in too many social roles; express needs, desires and feelings, without considering it necessary to justify them.
13.	Passively accepting situations involving strain or stress; suffer silently.	Act with self-confidence and, if possible, avoid stressful situations; negotiate better deadlines; balance your time effectively.

*Translated and adapted from « Stress et Burnout », Canadian mental health association of Montreal, April 1994, P. 163-164.*