

My Stressors and My Protectors

Instructions:

Consider your personal context.

Within each category identify **stressors**.
Then revision your context, and identify **protectors**.

Where do you have a lot of stressors? Do you have adequate protectors?
How can you decrease stressors and increase protectors?
Who can you connect with? What combat tools can you use?

Put a star on two categories where you can add protectors.
Write down any protectors in these categories that you can consider adding or accessing.
Highlight one or two protectors from each category that you commit to pursuing next week.

Characteristics of your child		Your own characteristics		Your family	
STRESSORS	PROTECTORS	STRESSORS	PROTECTORS	STRESSORS	PROTECTORS

The school		Medical/treatment centres		Your work		Other	
STRESSORS	PROTECTORS	STRESSORS	PROTECTORS	STRESSORS	PROTECTORS	STRESSORS	PROTECTORS