

# Close Companions: Online Relationship Academy

## Course: Managing Stress Together

### Lesson One: Acknowledging the Sources of Stress

#### Objectives for this lesson

1. Have a clearer understanding of environmental, interpersonal, and internal sources of stress.
2. Clarify for yourself the primary sources of your own current stress.
3. Have a better understanding of your partner's current sources of stress.
4. Establish a shared understanding of how the two of you might support each other as it relates to the sources of each other's current stress.

#### Environmental Sources of Stress

- Rush hour traffic
- Multiple roles
- Finances
- Health – ours and others'
- Job loss or career transitions
- Death of a loved one
- Birth of a child
- Purchase of a new home
- World events
- Political divisions
- Violence or the threat of violence
- Weather crises

#### Interpersonal Sources of Stress

- Getting along with another person
- Asserting one's wants and needs
- Personality, lifestyle, opinions that differ from our own
- Fulfilling commitments
- Holiday get-togethers

## Internal Sources of Stress

- Attitudes
- Beliefs
- Outlook on life
- Voices in our heads delivering negative messages
- Waking up on the wrong side of the bed
- Perfectionism
- Unrealistic expectations
- Anger
- Grief