

PRIMARY STRESSORS	INITIAL RESPONSE	SECONDARY STRESSORS – immediate or overtime
<p><b>Demands</b> <b>Deadlines</b></p>	<ul style="list-style-type: none"> <li>• Concerned about not been able to meet them</li> <li>• Worried about letting others down</li> <li>• Worried about performance and been judged</li> </ul>	<p><b>Negative self-talk</b>  “they think I’m not up for the job”  “what if they see I’m not coping”  “What if I lose my job?”</p> <p><b>Some emotions</b>  frustration, anxiety, feeling overwhelmed, angry, worried</p> <p><b>Likely behaviours</b>  not sleeping, cramming everything in, over / under eating</p>
<p><b>Challenging situations and behaviours</b></p> <p><b>Difficult conversations</b></p>	<ul style="list-style-type: none"> <li>• Uncertainty around what to do</li> <li>• Worried about clients <ul style="list-style-type: none"> <li>- potentially dying,</li> <li>- saying the wrong thing,</li> <li>- letting them down</li> <li>- disappointing others</li> </ul> </li> </ul>	<p><b>Negative self-talk</b>  “I’m out of my depth here”  “I’m useless – everyone must see it”  “I need to do better”  “I am failing my client”  “Why can’t he see I am doing my best”  “I can’t deal with this”</p> <p><b>Some emotions</b>  guilt, feeling overwhelmed, frustration, fear (of them dying), disgust, withdrawn, impatience</p> <p><b>Likely behaviours</b>  avoidance – e.g. not having the conversation, not sleeping, over striving</p>
<p><b>Lack of resources</b></p> <p><b>Limited support from others</b></p>	<ul style="list-style-type: none"> <li>• Frustration</li> <li>• Worried for clients</li> <li>• Anxious you won’t cope</li> </ul>	<p><b>Negative self-talk</b>  “I have to work harder now”  “Why should I bother”  “Why can’t they see we are struggling”</p> <p><b>Some emotions</b>  frustration, anger, apathy, impatience, despondency, guilt</p> <p><b>Likely behaviours</b>  Become short tempered or snappy, over work, procrastinate, withdraw – lack of enthusiasm</p>