The pressure from your surroundings can contribute to you feeling stressed. That is why it is important that you make yourself aware which factors that can be cause for you to feel under pressure or stressed.

**OUTER STRESSORS**
Consider for a moment what you feel stressed about from your surroundings.
Write down the three outer stressors, that pressure you the most.

1. 
2. 
3. 

What can you do about the above-standing?

**INNER STRESSORS**
Consider for a moment what pressure you put on yourself.
Write down three inner stressors, that you pressure yourself with.

1. 
2. 
3. 

What can you do differently?