CIGNA Behavioral Health

Late to work! In-laws! No time! Back-seat drivers! Overcharged! Deadlines!

Car needs a tune-up! Too many phone calls! Not enough phone calls! Favorite show canceled!

Contract canceled! I'm getting old! I've gained five pounds! Waiter messed up my lunch order!

Plumbing problems! Red tape! Taxes! Not enough money! Lost my keys!

What's Bothering You?

Major life events, such as divorce or a job change, can cause major stress. But so can small things, like the person working near you who hums constantly, clicks a ballpoint pen or pops bubble gum.

When small things pile up we may feel stress without knowing why. What are some of the little things that may be bothering you? What can you do about them? If there's nothing you can do, how can you reduce the stress they cause?

Annoyance	Your Stress Reaction	Your Coping Plan

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