

Stressors By Color

- 1) In your groups, discuss the stressors that tend to really generate stress.
- 2) Check those that tend to generate strong responses. Be prepared to share.

Orange

- Boredom
- Time constraints
- Lack of humor
- Slow people

Green

- "Dumb" people
- No new "horizons"
- Incompetence
- Off-task distractions

Gold

- Inefficiency
- Lack of order
- Lazy/Flaky people
- Unknown expectations

Blue

- Dissention/Conflict
- Isolation
- Meanness
- The "cold shoulder"

