

As discussed in Chapter 1 of *Self-Care in Social Work*, an important step toward self-care involves understanding the various sources of our stress. The following questions are intended to help you identify both personal and organizational sources in your own life, as defined in this chapter.

### **Personal Sources: Cognitive Appraisals**

Briefly describe a recent event on the job that resulted in you becoming upset or distressed:

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Did you adopt harm or threat appraisals? If so, describe.

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To what extent did you have any control or influence over the event? (circle one)

None            A Little            Some            A Lot

In what ways did this event pose a challenge or opportunity for growth?

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