


# WHAT DRIVES YOU CRAZY?

## Exploring your stressors



Whether it's a band member not turning up to rehearsal, auditioning for a new role or performing in front of an audience, any stressor (no matter how big or small) can hijack your ability to perform well. That's why it's so important to understand your 'triggers'... Before you can take control of your emotions, you need to understand what drives you crazy in the first place.

So what really grinds your gears? What situations frustrate you and make you feel stressed out? Spend some time reflecting on these situations using the attached worksheets.

You can also check out our website article exploring stress in more detail, to understand what it's all about and for ideas on how to keep stress in check. <https://therealhuman.co.uk/managing-and-reducing-stress>



# THE REAL HUMAN

What drives you crazy?	How do you react?	What can you do about the causes of your stress?
This will help you to work out the main causes of stress in your world	This will help you to understand when you're at risk of stress	Think about each cause of stress, and see if you can reduce, remove or reframe them in a more positive light



## Useful strategies

For stressors that you can't remove entirely, it's helpful to plan strategies to deal with them in advance. E.g. if you have a band member that doesn't turn up for rehearsals and that drives you crazy, think about other, more useful ways to deal with that stress when it comes up. Something as simple as taking a moment to breathe before you send that angry text or grabbing a glass of water can make all the difference in how effectively you regulate your emotions.

What drives you crazy?	What's a useful strategy to manage this stress when it comes up?
This will help you to work out the main causes of stress in your world	This will give you practical ideas to try out when you're in the midst of a stressful situation

# FURTHER INFO

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