

STRESS MANAGEMENT

Stress: an emotional and physical response to demanding situations, including symptoms that may include worry, a feeling of being overwhelmed, increased heart rate, headaches, sleep difficulties, procrastination, and more.

Describe your largest source of stress, in detail.

Briefly list two others stressors you are experiencing.

Briefly list two others stressors you are experiencing.

Anger	Anxiety	Decreased Sex Drive	Drug/Alcohol
Fatigue	Headaches	Indigestion	Muscle Tension
Nail Biting	Over/Under Eating	Procrastination	Sleep Difficulties
Social Withdrawal	Teeth Grinding	Worry	Others

List three people who you can turn to for support.
