

Directed Writing Task

Directions: Identify the specific stresses in your life. Write a word or phrase to describe each stressor listed in the boxes below.

ME

1. Consider the stressors presented above the following questions:

a. What stressor has the greatest impact on you? _____

b. How do you best describe stress? _____

c. Why do you feel stress is important in your life? (What, why, when, or where?) _____

d. Write a message/affirmation that you want to receive from stress? _____

2. Give three specific strategies you use to manage or cope with the stress.