RECOGNIZING STRESS

Worksheet

 $1. \ List the ways you experience stress physically, emotionally, and behaviorally.\\$

Physically	Emotionally	Behaviorally

- $2. \ Circle \ the \ ways \ stress \ affects \ you \ that \ are \ most \ troubling!$
- 3. List two or three things you can do to reduce these symptoms or time when you notice these symptoms are less intense!