

Directed Writing Task

Directions: Identify the specific stresses in your life. Write each in three to four words. Present them in the lines below.

ME

1. Consider your stressors, prioritized, answer the following questions:

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

b. How do you deal with this stressor? _____

c. Why do you feel stressed, especially on this particular thing, week, or situation? _____

d. What coping strategies have you used to manage this stressor? _____

2. List three specific strategies you use to manage or cope with this stressor.
