

Name: _____

Date: _____

STRESS MANAGEMENT

Directions: This worksheet will help you identify what triggers you and how to best cope. Write things that make you stress out and fill the column below.

I know I am stressed when:

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A frequent source of stress is:

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What I need to do when stressed is:

--

Some helpful resources are:

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Think of situation that is causing stress in your life what right.
What is it and why is it stressful?

List coping strategies you can use to help you manage the stress.

- _____
- _____
- _____
- _____