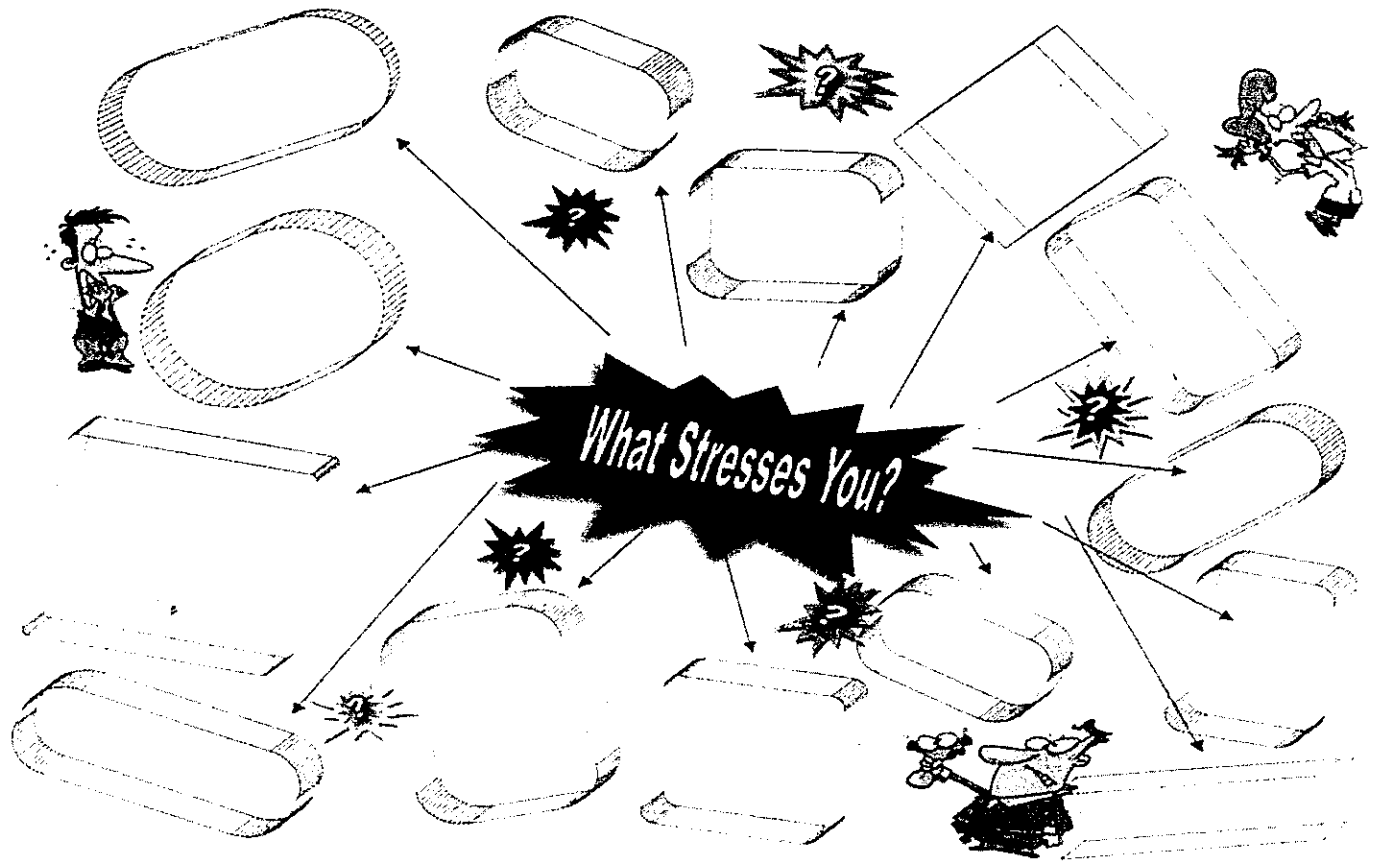


# WHAT ARE YOUR STRESSORS?



1. List your number one stressor (the thing that causes you the most stress)

✧ \_\_\_\_\_

2-15. List 14 of your other stressors in the box above. You must fill in all 14.

16-20. List your five healthy ways of dealing with stress.

✧ \_\_\_\_\_  
✧ \_\_\_\_\_  
✧ \_\_\_\_\_  
✧ \_\_\_\_\_  
✧ \_\_\_\_\_

Name: \_\_\_\_\_

