



STRESS MANAGEMENT

What triggers your stress response? List your stressors, and brainstorm ways to keep your cool in those situations.

My Stress Triggers	Techniques For Handling This Stress Trigger			✓
	1			
	2			
	3			
	4			
	1			
	2			
	3			
	4			
	1			
	2			
	3			
	4			
	1			
	2			
	3			
	4			
	1			
	2			
	3			
	4			
Notes				