

## Stressors Worksheet

<b>Stressor #1</b>	What is something that you feel stressed by?	What is your typical response to this stress? Give as much detail as possible!	What is something that you could improve upon in your response to this stressor? Or, how can you add more healthy coping strategies to this response?
<b>Stressor #2</b>	What is something that you feel stressed by?	What is your typical response to this stress? Give as much detail as possible!	What is something that you could improve upon in your response to this stressor? Or, how can you add more healthy coping strategies to this response?
<b>Stressor #3</b>	What is something that you feel stressed by?	What is your typical response to this stress? Give as much detail as possible!	What is something that you could improve upon in your response to this stressor? Or, how can you add more healthy coping strategies to this response?