

Identifying *Stressors*

List 4 recent or recurring stressful situations .	Who tends to be involved when you feel stressed?	When and where do you feel stressed?	Why do you become stressed?	How does stress affect you? Emotions, cognitively physically.	What techniques can you use to manage this stress?	What do you say to yourself that increases your stress?	What can you say to reduce your feelings of stress?

