

THINGS THAT CAUSE YOU STRESS

Directions:

Make a list of things that cause you stress. Indicate which ones you can change, then write down ways you can reduce the stress.

Something which causes you stress: _____

Can you change it? Yes No

If yes, how can you reduce the stress? _____

Something which causes you stress: _____

Can you change it? Yes No

If yes, how can you reduce the stress? _____

Something which causes you stress: _____

Can you change it? Yes No

If yes, how can you reduce the stress? _____

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