

Answer these questions about your stress:

1. How do you experience stress?
2. Identify three sources of stress for yourself:
3. What are two stress signals you have?
4. How do you deal with stress now?
5. What is one healthy way that you manage stress?
6. How do you take care of yourself?
7. What support system do you have to deal with stress?
8. How would you rate your ability to deal effectively with stress in your life?
9. Rate yourself: 1-10 (1 being “no ability” and 10 being “highest ability”)
10. What is one thing you can change in the way that you approach the stress in your life?



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