

STRESSORS

DATE :

**WHEN DO EMOTIONS LIKE ANXIETY,
STRESS, AND OVERWHELM COME UP?**

**CHANGES
NEED:**

**THINGS TO DEAL
WITH IT :**



HANDLING STRESSORS PLAN

STRESSORS:

Can I change where the stressor is coming from?

What changes do I need to make?

How am I dealing with this?

Where can I ask for help?

