

<b>What is something that has stressed you out in the past weeks, months, or years?</b>		
<b>Stressor</b>	<b>How Often Does it Occur?</b>	<b>What stress symptom do you feel?</b>
<b>What I can change about my stressor?</b>		
<b>What I cannot change about my stressor?</b>		
<b>Who can help me? And how can they help?</b>		
<b>What are some roadblocks and barriers to solving this problem? How will I address these barriers?</b>		
<b>What stress relief methods can I use? (ex. talking to someone, deep breathing, exercise, etc.)</b>		
<b>What are steps will I take in the future to reduce/eliminate this stressor?</b>		