

STRESS MANAGEMENT

These stress management worksheets will help you identify your causes of stress, find healthy coping skills to deal with stress, and find ways to take care of yourself physically and emotionally to better withstand stress.

Stress is the body's response to stressful situations. Conflict, loss, and overcommitment are common causes of stress.

What causes your stress? List the things that you have found stressful over the past few weeks:

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