

STRESS TALLY

A. My five greatest stresses are:

- 1.
- 2.
- 3.
- 4.
- 5.

B. The five ways I react to stress are:

- 1.
- 2.
- 3.
- 4.
- 5.

C. The five skills I use to cope with stress are;

- 1.
- 2.
- 3.
- 4.
- 5.

D. The five ways I like to relax are:

- 1.
- 2.
- 3.
- 4.
- 5.

E. The five most important skills I need to learn about stress are:

- 1.
- 2.
- 3.
- 4.
- 5.

take it EASY



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