

Name: _____

Date: _____

Coping with Stress Worksheet

Notes about Stress:

Physical symptoms from stress (5)

3 types of stress

_____ - no motivation to do things

_____ - pressure to accomplish things and do something in life

_____ - overwhelming and can take away from our ability to get things done.

What are your top 3 stressor and what can you do to help the situation?

What are the things you do to deal with stress and help yourself relax?

What can happen if a person has too much stress for too long?