

changing your perspective

Choose one of your stress sources. How can this situation be changed or improved? For example:

Relationship stress: Assertive communication training, setting boundaries, resolving conflict

Over commitment: setting boundaries, saying no, eliminating some things from your schedule

Grief & loss: seeking support, journaling, finding enjoyable activities to fill your day

STRESSFUL SITUATION:

HOW CAN THIS SITUATIONS BE CHANGED OR IMPROVED?

developing healthy coping skills:

It is important to use a mixture of coping skills to manage your stress. By actively and regularly practicing coping skills, you can stop stress from building up and prevent stress overload.

Not all stressful situations are within our control, & not every situation can be changed. Effective, healthy coping skills can allow you to get through difficult times.

Examples of healthy coping skills:

Relaxation techniques

Journaling

Deep breathing

Exercise