

The Smart Lioness' Get Yo Stress in Check

the following questions will help you to identify the causes of stress in your life, as well as find healthy coping skills to deal with it.

SOURCES OF STRESS

Stress is the body's response to distressing situations. Conflict, loss, and overcommitment are all common sources of stress.

What are the sources of your stress? Make a list of the things that have been sources of stress for you the past couple of weeks.

Chronic Stresses. List the biggest sources of stress for you over the past year or more.

What is your biggest worry today?