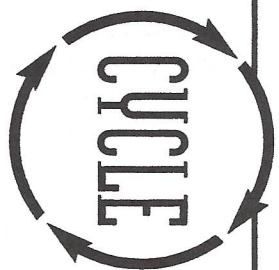


# The Stressors



Break those

negative coping habits by stopping and thinking. Follow the path to a brighter future by using positive coping skills.

Identify your stressors!

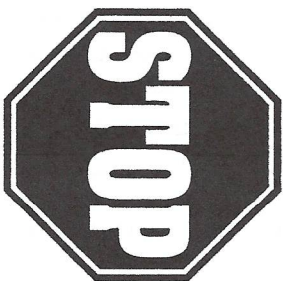
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Identify your WARNING Signs!

**STRESS SYMPTOMS**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**BREAK THE NEGATIVE CYCLE BY LEARNING TO**




**AND THINK!**

**PAST NEGATIVE COPING**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**FUTURE POSITIVE COPING**



1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_