

- Other _____
- _____ # 3
- _____ # 2
- _____ # 1
- List my responsibilities in order of importance
- Limit certain behaviors _____
- Confront the situation by _____
- Say "No" to _____
- Talk to my friend, counselor, teacher, family member, someone else _____
- Do something I'm skilled at _____ for _____ mins.
- Take some time for myself by _____
- Use relaxation techniques _____
- Write in my journal _____
- Listen to music on the _____ for _____ mins.
- Exercise _____ for _____ mins.
- Go shopping at _____ for _____ mins.
- Read a good book _____ for _____ mins.
- Go for a walk _____ for _____ mins.

When I see these "symptoms," I will... (✓ and be specific)

STRESS REDUCERS

- Experience skin problems
- Have difficulty concentrating/focusing
- Sleep more than usual
- Don't feel like eating
- Am on the move all the time—fidgety
- Become overly sensitive
- Don't feel like doing anything
- Other _____

- Cry more than usual
- Can't sleep
- Eat more than usual
- Am irritable
- Resort to the use of alcohol/drugs
- Have "physical complaints"
- Bite fingernails

I know I'm under stress when I... (✓)

STRESS SYMPTOMS

Are you "under" stress?

