

POSSIBLE COPING SKILLS	MY REACTION	HASSLE / EXPERIENCE
1.		
2.		
3.		

- Stressors come in all sizes and all forms . . . some are major life events . . . but MANY are everyday hassles . . . or . . . "small stuff";
- Effective coping skills can help to put these in perspective.

Don't sweat the "SMALL STUFF"

STRESS
 ANNOYANCES
 HASSLES
 IRRITANTS
 PEEVES
 HASSLES
 IRRITANTS
 ANNOYANCES
 PEEVES