

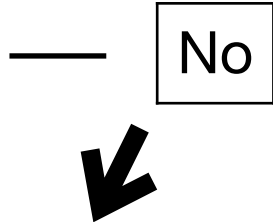
## FEELING STRESSED

What is causing Me Stress?

### Can I do something about it today?

What I **can't** Control

- Environment
- Other People
- External Factors

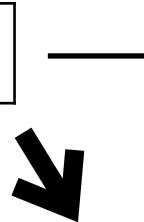


- Find the root of the my stress
- Change my thoughts, behaviors, and emotions
- Do something to relieve stress

[Yes]

What I **can** Control

- Actions
- Effort
- Responses



- Create a plan
  - Write down the small steps needed to accomplish from highest priority to lowest.
- Start working on highest priority

### Taking Action

Root Of Stress:

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Change Thoughts to:

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Change Behaviors to:

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Change Emotions to:

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How am I going to relieve stress today?

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My Plan:

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1:

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2:

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3:

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9:

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10:

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