



STRESS AMPLIFIERS

In the below section describe your biggest stressors and rate them on a scale of 1–10, where 1 is “a little stressful” and 10 is “extremely stressful”.

- 1. _____ Rating _____
- 2. _____ Rating _____
- 3. _____ Rating _____
- 4. _____ Rating _____
- 5. _____ Rating _____

STRESS SHIELDS

In the section below describe the ways stress can be managed or extinguished.

HEALTHY COPING STRATEGIES

Write down any positive actions that help to reduce or manage stress.

Examples: exercise, taking a walk in the sunshine, sharing the problem, journaling, making sure you are getting adequate sleep.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

PROTECTIVE FACTORS

What can I do/learn to help protect me from becoming stressed?

Examples: develop a sense of purpose, lean on my supportive family, learn how to self-regulate, focus on achievement and motivation, set goals, eat a healthy diet.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____