



## 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. \_\_\_\_\_