



## STRESS EVALUATION

List your top 3 stressors below. Try to be specific as possible (i.e. “Algebra Class” vs. “School” or “My relationship with my sister” vs. “Family”) Then answer the questions below each number.

### Stressor #1:

Why does this stress you out? \_\_\_\_\_

What negative effects have you noticed on your life and health?

\_\_\_\_\_

What is one positive thing about this stressor?

\_\_\_\_\_

What is one positive action you can take to overcome this stressor?

\_\_\_\_\_

### Stressor #2: \_\_\_\_\_

Why does this stress you out? \_\_\_\_\_

What negative effects have you noticed on your life and health?

\_\_\_\_\_

What is one positive thing about this stressor?

\_\_\_\_\_

What is one positive action you can take to overcome this stressor?

\_\_\_\_\_

### Stressor #3:

Why does this stress you out? \_\_\_\_\_

What negative effects have you noticed on your life and health?

\_\_\_\_\_

What is one positive thing about this stressor?

\_\_\_\_\_

What is one positive action you can take to overcome this stressor?

\_\_\_\_\_