

RECOGNIZING STRESS

Dihmes & LaPenna, 2021

Stress can negatively impact many different aspects of our lives, which is why it is so important to recognize our triggers and how our body reacts to stress. By beginning to identify and understand the source of our stress, we can learn to better manage our symptoms.

- My triggers of stress...

- My symptoms of stress...

- When I'm stressed, I think...

- When I'm stressed, I do... (Behaviors)
