

Main Sources of Stress

Sometimes it can be helpful to list your main sources of stress, and think about:

- a) how much is this under your control and
- b) 2-3 things you can do which might help

One of my biggest sources of stress is...

How much is this under my control ?



2-3 positive steps I could take in the next week are:

One of my biggest sources of stress is...



2-3 positive steps I could take in the next week are:

One of my biggest sources of stress is...



2-3 positive steps I could take in the next week are:

One of my biggest sources of stress is...



2-3 positive steps I could take in the next week are:

notes to self
