List some of the things that cause you stress.

1. __________________________________
2. __________________________________
3. __________________________________

What are some of your early warning signs and symptoms:

1. __________________________________
2. __________________________________
3. __________________________________

DANGER!

Unhealthy ways to cope
(list the unhealthy ways you cope)

1. ______________________
2. ______________________
3. ______________________

Healthy ways to cope
(list healthy ways to cope, some may be new things to try)

1. ______________________
2. ______________________
3. ______________________

Worksheet

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