

# THINGS THAT STRESS ME OUT

1  
2  
3  
4  
5

1  
2  
3  
4  
5

# THINGS THAT CALM ME DOWN

WHAT IS **ONE THING** THAT YOU **DON'T** HAVE CONTROL OVER? \_\_\_\_\_



WHAT IS **ONE THING** THAT YOU **DO** HAVE CONTROL OVER? \_\_\_\_\_



WHAT IS ONE THING THAT YOU CAN DO **THIS WEEK** FROM YOUR LIST ABOVE TO **EASE** THE STRESS FROM THAT THING? \_\_\_\_\_



WHAT WOULD BE ONE STEP YOU COULD TAKE **THIS WEEK** TO **RELIEVE** STRESS IN THAT AREA? \_\_\_\_\_

