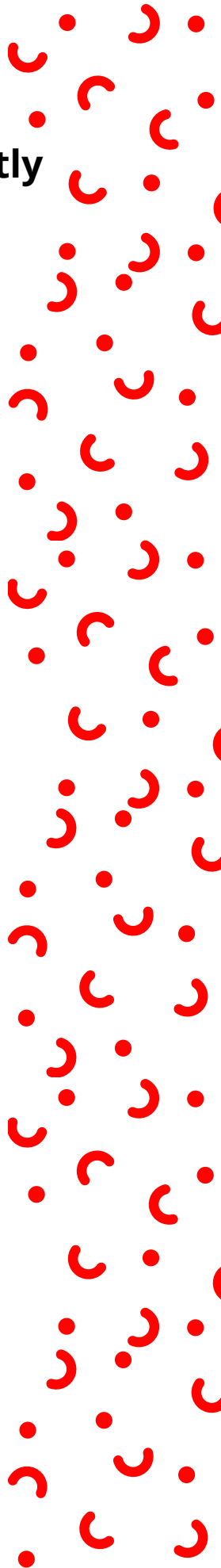


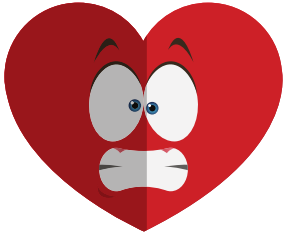
my stress inventory

**EVERYTHING THAT IS
STRESSING ME OUT RIGHT NOW**



Notice if you are overthinking this or judging yourself on what is 'stressful enough'...try to gently push these thoughts away to focus on ALL that troubles or stresses you right NOW.





my stress inventory

LIST OF ALL THE WAYS
I EXPERIENCE STRESS ...



IN MY BODY

Blank grey box for writing stress experiences in the body.

IN MY BEHAVIOUR

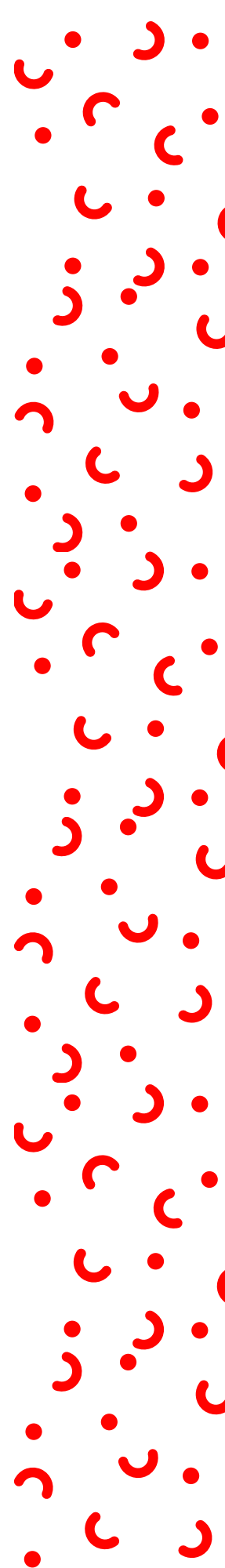
Blank grey box for writing stress experiences in behaviour.

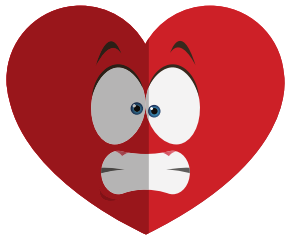
IN MY THOUGHTS

Blank grey box for writing stress experiences in thoughts.

IN MY FEELINGS

Blank grey box for writing stress experiences in feelings.





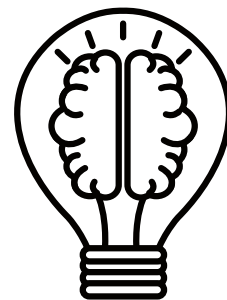
Reduce the Drain & stress



Once you've done your list, circle the one's that troubles you most.

List 2-3 things you could do to reduce these symptoms

- 1.
- 2.
- 3.



OTHER STUFF-

What do you need to follow through on these things?

What would help?

Who could support you?

