

Instructions for use: Fill out using Acrobat Reader then save to your PC once completed.

Unit 2: Understanding Stress

Activity 1: Case Study

Think of the general factors that may provoke stress. Make note of the things that may cause stress in your life.

Write your ideas below.

Activity 2:

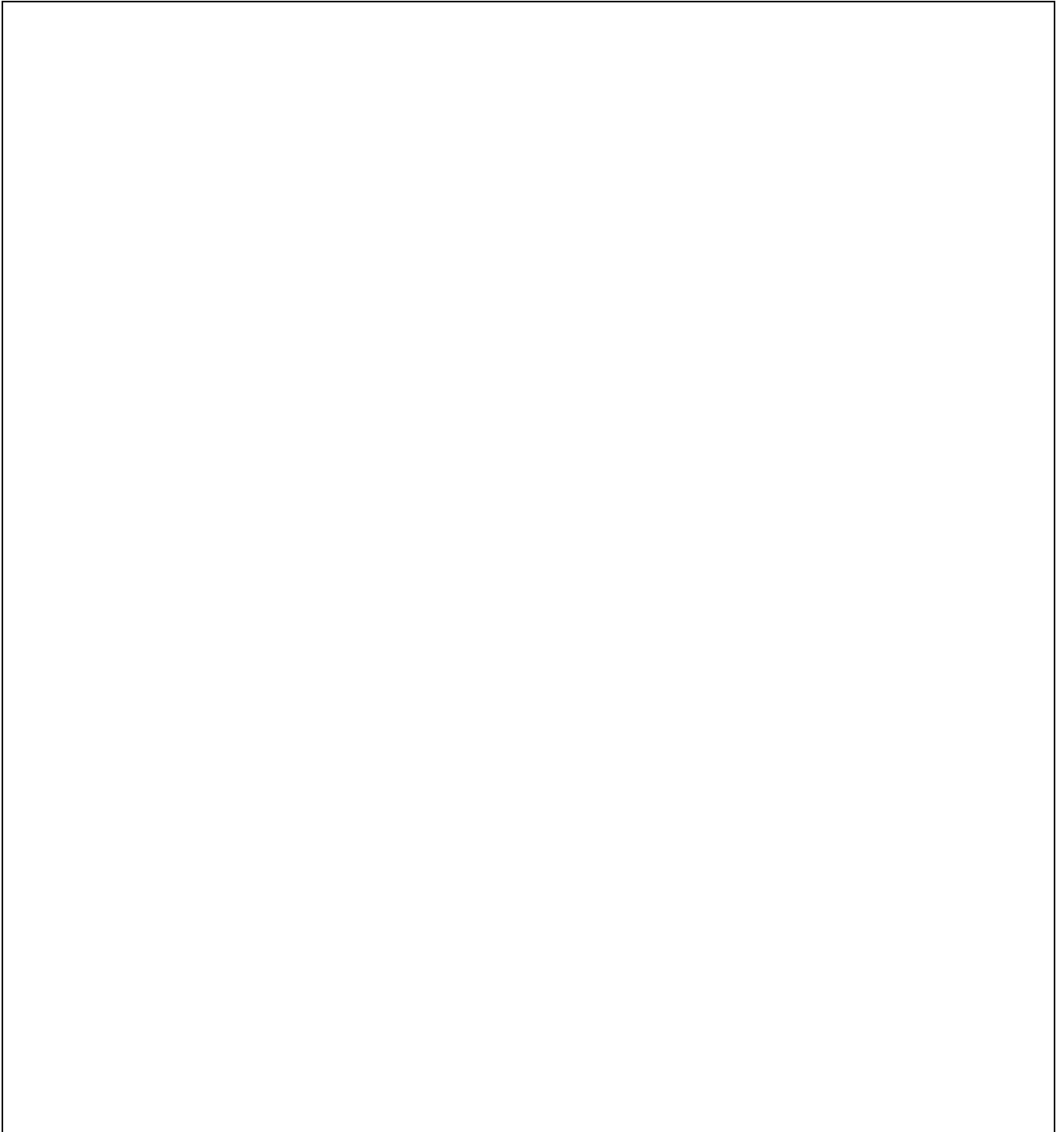
What are common life events that may provoke stress? Which events cause you stress in your life?

Write your ideas below.

Activity 3:

Think about a situation where you were under stress – it could be short-term situation such as hearing bad news, feeling threatened by something or taking a driving test, or a long-term situation such as being in an unhappy relationship or having health worries.

Write your ideas below.

A large, empty rectangular box with a thin black border, intended for the user to write their ideas about a stressful situation.

Activity 4:

If you are feeling stressed, there are a number of things that you can do to help yourself. Think about a situation where you were stressed. Which of these steps did you take to help self-manage your stress?

Write your ideas below.

A large, empty rectangular box with a thin black border, intended for the user to write their ideas and responses to the activity prompt.