



WEEK TWO: Home Activity

IDENTIFYING STRESSORS

As you move through the week, pay close attention to potential stressors that arise for you. In relation to what you learned about the biology of the “Stress Response”, identify each stage as best you can.

There are 5 rows for 5 possible “stressors” that occur throughout the week. Please do not feel pressure to fill out all 5 rows - if it happens that you can, great! If you can't, also, great! You can always keep this worksheet for the future. <3

Stress Trigger (*what happened?*):

Reaction/Thought (*what thoughts arise?*):

Emotional Response (*how do you feel? Angry, sad, fearful, anxious, etc*):

Action/Behaviour (*what action did you take?*):

