



HOW DO YOU KNOW WHAT'S STRESSING YOU OUT?

WORKSHEET

Go deeper into the topic by jotting down your thoughts to the questions below.

1 What are the biggest stressors in **YOU**r life right now?

2 How do **YOU** typically respond to stress – does it help or hurt?

3 What small habits or routines make **YOU** feel better?

4 When was the last time **YOU** talked about stress with someone?

5 What would **YOU**r life look like if stress didn't feel so heavy?

BONUS: Comment on the post and share with other rYOUminators.