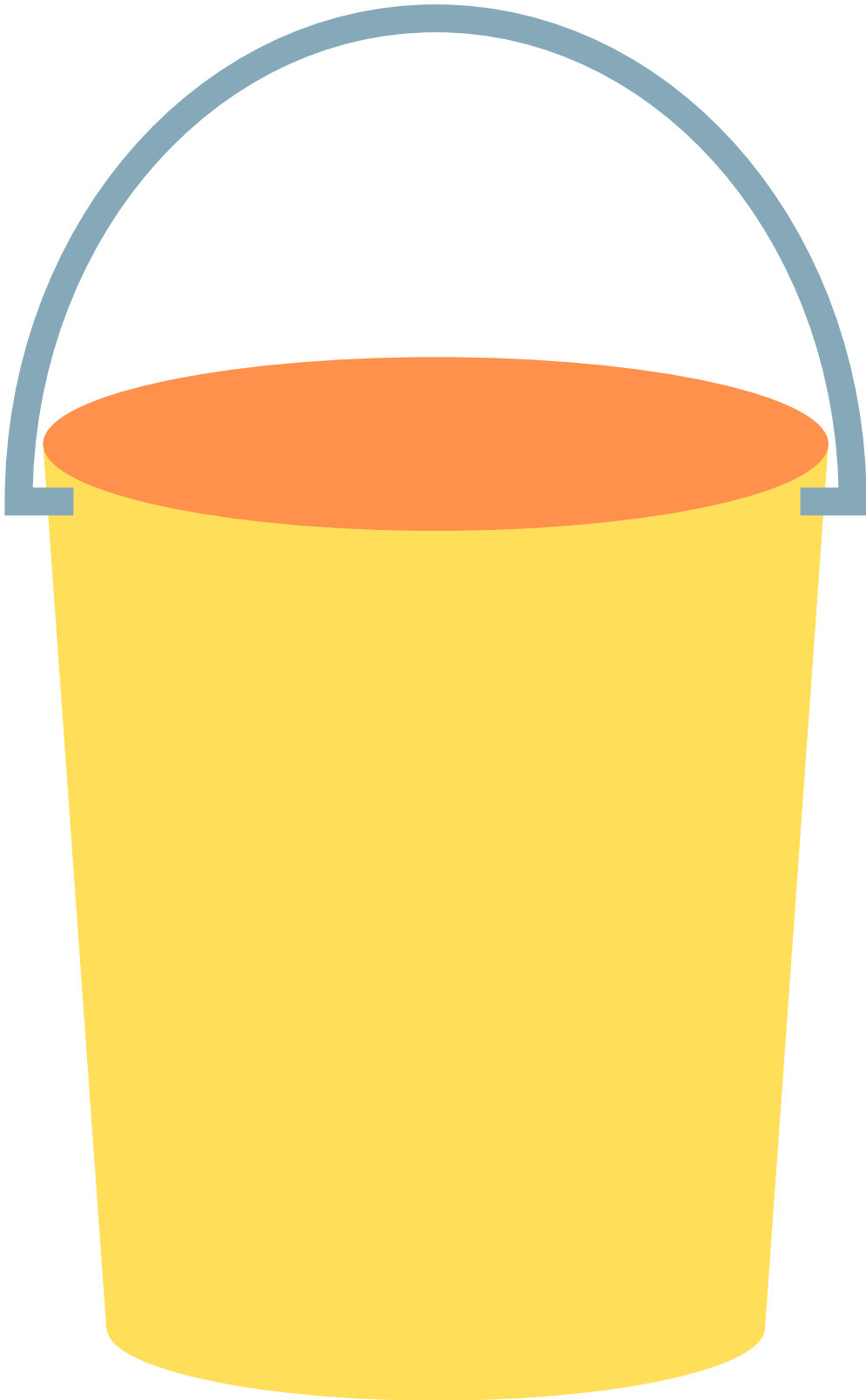


Stress Management Workshop

What's in your Stress Container?



How do you respond to stress?

What do you notice about your thoughts, feelings and behaviour?

Your thinking	Your Emotions	Your behaviour



What are your helpful & unhelpful coping strategies?

Helpful	Unhelpful

Action plan

Identify at least one stressor that you could start to work on to help reduce your stress, maybe an easy one to start with?

What is within your control?

Who might be able to help you?

Which of your helpful coping strategies would help?



