Journal Prompt

Day 15: Assessing Stress

Make a list of some of the chronic stressors and acute stressors in your life.

- How do you respond to and manage these different stressors?
- What strategies do you use, and how effective are they for you?
- Are there any stressors that you struggle to manage? In what areas would you like to improve your stress management?
- Reflect on the strategies that are helpful for you and then brainstorm: *Can you use these approaches (or similar approaches) to improve your management of other stressors in your life?*

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