**Think about things that cause you stress. Fill the table out below that describes the stressor, your stress response, and your coping mechanism.**

**Stressor—**anything that causes stress

**Stress response—**how your body reacts to the stress (i.e. sweating, increased HR)

**Coping mechanism—**your techniques for handling the stress

|  |  |  |
| --- | --- | --- |
| **Stressor** | **Stress Response** | **Coping Mechanism** |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |

**Evaluate your coping mechanisms.**

1. **Are they healthy or unhealthy?**
2. **What short term and long-term effects can result from your stress experiences?**
3. **What changes if any could you make to reduce your stress?**