

# Stressor Identification Worksheet

<b>Fundamental Elements</b>	<b>SLEEP:</b>	
	<b>EAT:</b>	
	<b>EXERCISE:</b>	

Tips: \_\_\_\_\_

\_\_\_\_\_

<b>Secondary Elements</b>	<b>SCHOOL:</b>	
	<b>WORK:</b>	
	<b>HOME:</b>	

Tips: \_\_\_\_\_

\_\_\_\_\_

<b>Additional Elements</b>	<b>OTHER:</b>	

Tips: \_\_\_\_\_

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