



CANADA
4-H Ontario

Identifying Stress Part 2

This program is supported by:



Trillium
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How do you know if you are feeling stressed?

What are some of your warning signs that suggest you are stressed? What are the first signs that occur due to stress?

What are some of your more persistent or longer lasting symptoms of stress? Do you have any of these symptoms often?

What are some ways you cope with stress? List your most common strategies below?

On a scale 1-10, how effective are these coping strategies? Circle one. Do they reduce/eliminate the stress or do they only mask it?

Not Helpful 1 2 3 4 5 6 7 8 9 10 Extremely Helpful

What are some coping strategies you have used in the past but are no longer using currently? Why?



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Identify one of your causes for stress: _____

How can this situation be changed or improved?

Examples of ways to manage stress:

Relationships



Setting
BOUNDARIES



Resolving
CONFLICTS



Assertive
COMMUNICATIONS

Overcommitment



Setting
BOUNDARIES



Saying
NO



Eliminating
THINGS FROM YOUR SCHEDULE

Grief & Loss



Seeking
SUPPORT



Start
JOURNALING



Finding
ENJOYABLE ACTIVITIES TO FILL YOUR DAY



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Write about what your stressful situation:

How can it be changed or improved?

List 3 coping strategies that have worked for you previously that you would like to regularly implement:

List 3 new coping strategies you would like to try:

When will you use these coping techniques?

How will these 6 coping strategies affect your stress levels? What are some of the changes you will notice as a result of incorporating these techniques?
