LESSON 2

Reflective Questions:

Date: _____

What was your response when you learned about the different types of stress?

Is there one that you feel is affecting you more than the others?

LESSON 2

Reflective Questions:

Date: _____

What is your experience with acute stress?

What is your experience with chronic stress?

LESSON 2

Activity Sheet

Date: _____

As discussed, we all experience stressors in life- both positive and negative, big and small. Some of these stressors we handle well, and some we are not able to cope with at the moment or we struggle to use effective long term coping mechanisms. One of the most important steps is recognizing what the stressors are that you are experiencing. Fill out the table below to identify stressors that you are able to cope with, and stressors that you are struggling to cope with in your daily life.

Stressors you have coped with	Stressors you are struggling with