

Internal and External Stressors

DIRECTIONS: Stress can come from both outside of us and inside of us. It can come from the past or from the present or even from thoughts of the future.

What internal and external stressors do you have in your life right now?

Internal Stressors



External Stressors

Think back to a situation recently during which you managed stress well. What did you do that allowed you to manage the situation?