STRESSOR FORM DATE:

STRESSOR	WHY DOES IT STRESS YOU OUT?	WHAT ARE YOU DOING ABOUT IT?
	Examples are provided below:	
Demands at Work	*Fear of being laid off, overworked, understaffed.*	*Talk to manager, delegate tasks, hire consultants.*
Health	*Uncertain diagnosis, treatments, medical bills.*	*Regular doctor check-ups, make lifestyle change: healthy diet, exercise, sleep habits, stress management.*