

STRESS: WHAT BRINGS IT ON?

Different things cause stress for different people. Some might think that an upcoming math test is a big deal, while others won't give it a second thought. The same is true at different ages and stages of our lives. What bothers us at three years of age won't be the same as what gets us riled up at age 12, 20 or 50.

Being aware of what causes stress is one step in learning how to handle it well.

In the boxes below, write or draw things that caused you stress when you were younger, things that stress you now, and what you think might be stressful when you're older.

Then: What made me feel stressed when I was younger?

How did the stress get resolved when you were younger?

Now: What are the most stressful things in my life right now?

What could you do to decrease stress now?

When: What do I think might be stressful when I'm older?

What skills do you want to learn to better deal with stress in the future?