

The

Stress Cycle

Break those negative coping habits by stopping and thinking. Follow the path to a brighter future by using positive coping skills.

Identify your stressors!

1. _____
2. _____
3. _____
4. _____

STRESS

Identify your WARNING Signs!

1. _____
2. _____
3. _____
4. _____

STRESS SYMPTOMS

BREAK THE NEGATIVE CYCLE BY LEARNING TO



AND THINK!



PAST NEGATIVE COPING

1. _____
2. _____
3. _____

FUTURE POSITIVE COPING

1. _____
2. _____
3. _____
4. _____