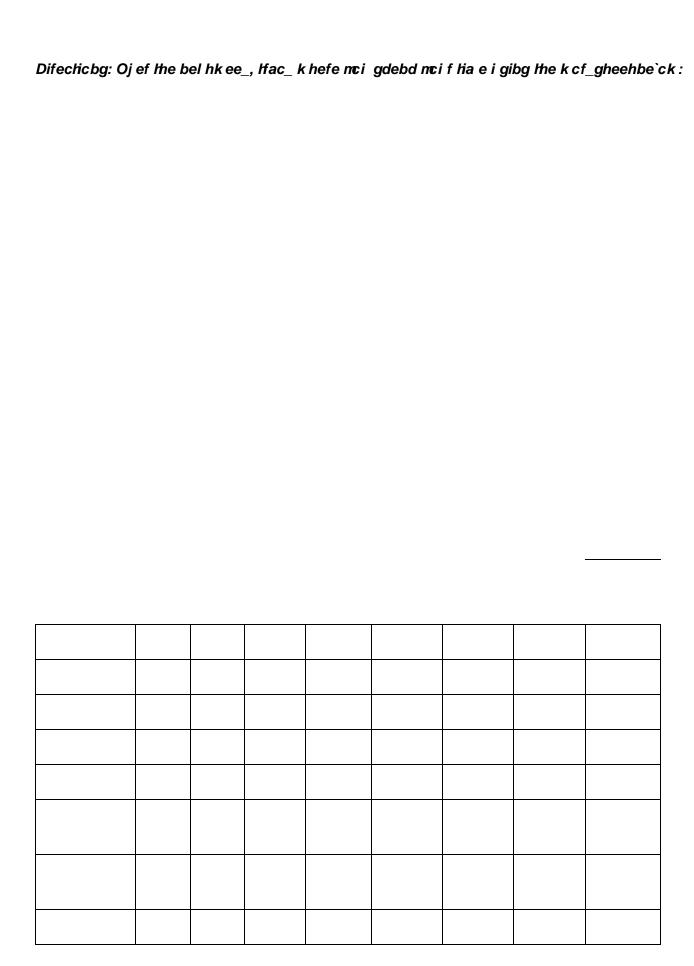
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**Difecticbg:** Use this worksheet to track your stress week-to-week and to develop techniques to use when you are feeling very stressed. Review with family members, friends, and/or trusted school staff as appropriate.

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| What is the stressful event?                                 |
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| What are my thoughts related to the event?                   |
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| What is the evidence that supports these thoughts?           |
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| What is the evidence that does support these thoughts?       |
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| What is an alternative way of thinking about this situation? |
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1. Taking care of physical health, including diet, exercise, sleep, getting regular preventive care from a primary care physician, etc.

2. Everyt