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[illegible]

Directions: Over the next week, track where you spend your time using the worksheet below:

[illegible]

[illegible]

Directions: 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.

[illegible]

What is the stressful event?

What are my thoughts related to the event?

What is the evidence that supports these thoughts?

What is the evidence that does support these thoughts?

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

