## **Strides for Managing Stress**

## **Stress Appraisal**



Use the Stress Appraisal table below to categorize the causes of your stress as either eustress or distress.

|                                    | Eustress (Challenge) | Distress (Threat) | Score (Day 1, 2,) |
|------------------------------------|----------------------|-------------------|-------------------|
| Internal<br>(Within Yourself)      |                      |                   |                   |
|                                    |                      |                   |                   |
|                                    |                      |                   |                   |
| External<br>(Happening Around You) |                      |                   |                   |
|                                    |                      |                   |                   |
|                                    |                      |                   |                   |
|                                    |                      |                   |                   |