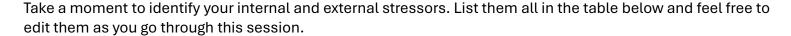
# **Strides for Managing Stress**

# **Daily Stressor Sheet**





## **Internal Stressors**

What thoughts or habits are causing stress within you?

### **External Stressors**

What events or situations around you are stressful?

### Reflect on these questions:

What do you think is causing stress in your life? How does your body react when you think about these stressors? Do you feel happy, excited, nervous, tense, or a combination of emotions?



Internal Stressors (within ourselves)	External Stressors (around us)

