

Strides for Managing Stress

Daily Stressor Sheet

Take a moment to identify your internal and external stressors. List them all in the table below and feel free to edit them as you go through this session.



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)