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 (Within Yourself) | | | |
| | | | |
| | | | |
| External (Happening Around You) | | | |
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