

STRESS MANAGEMENT PLAN

START HERE



THE LAST TIME I WAS REALLY STRESSED WAS.



THE ROOT CAUSE OF THE STRESS WAS

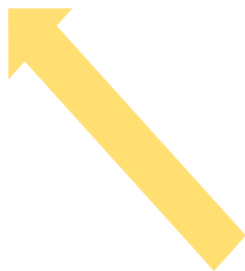


SIGNS THAT I WAS STRESSED WERE



MY BEST STRATEGY TO DEAL WITH STRESS

MY SUPPORT SYSTEM INCLUDES



MY BACKUP STRATEGY IS

