Name _____ Stress

Stress

Describe the last situation in which you felt **a little** stressed.

_____

_____

_____

What thoughts did you have?

_____

_____

_____

What feelings did you have?

_____

_____

_____

What behaviors did you respond with?

_____

_____

_____

Did you experience any physiological symptoms?

_____

_____

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