



## Home Practice: Handling Stress

Find some time in your day to answer the following questions. Use the information from the worksheet to make a plan to deal with stress.

- Identify 5 stressors (things that cause stress) in your life.

- 1.
- 2.
- 3.
- 4.
- 5.

- Make a plan how you can reduce or prevent these stressors from influencing the quality of your life.

- 1.
- 2.
- 3.
- 4.
- 5.

- Develop a plan to cope with the stressors you can't change.

- 1.
- 2.
- 3.
- 4.
- 5.

- Identify five stressors (things that cause stress) in your children's lives.

- 1.
- 2.
- 3.
- 4.
- 5.

- What can you do to help your children reduce their stress?

- 1.
- 2.
- 3.
- 4.
- 5.