

Stressors + Strategies

To complete this exercise, populate the first column with any stressors that you perceived within the eight dimensions of wellness. The second step is to populate the second column with possible strategies to minimize or eliminate the stressor.

occupational	<div style="text-align: center;">stressor</div>	<div style="text-align: center;">strategy</div>	
environmental	<div style="text-align: center;">stressor</div>	<div style="text-align: center;">strategy</div>	

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Decide on an approach that works for you and tackle one stressor at a time.

financial	<p style="text-align: center;">stressor</p>	<p style="text-align: center;">strategy</p>	
social	<p style="text-align: center;">stressor</p>	<p style="text-align: center;">strategy</p>	
physical	<p style="text-align: center;">stressor</p>	<p style="text-align: center;">strategy</p>	

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Further insights and examples can be found at vickiemlanthier.com/blog/stressors-strategies

intellectual	stressor	strategy	
emotional	stressor	strategy	
spiritual	stressor	strategy	