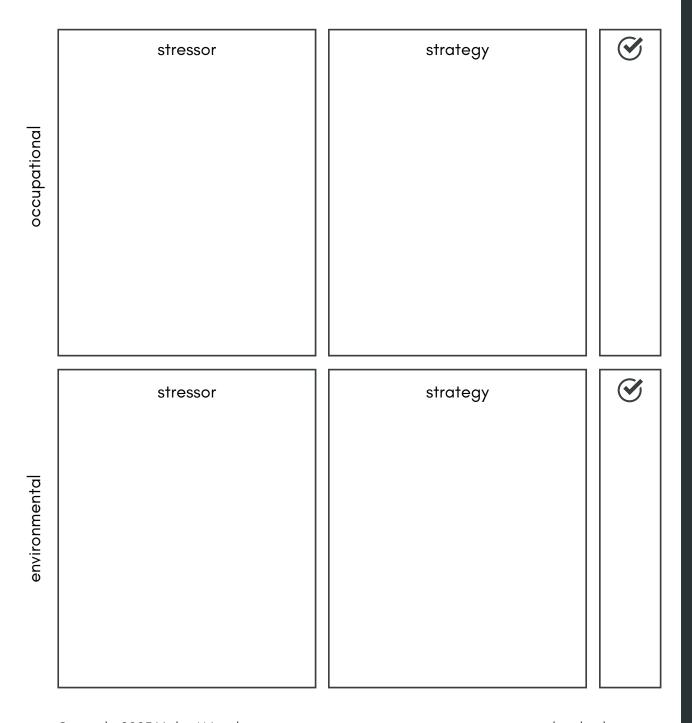


Stressors + Strategies

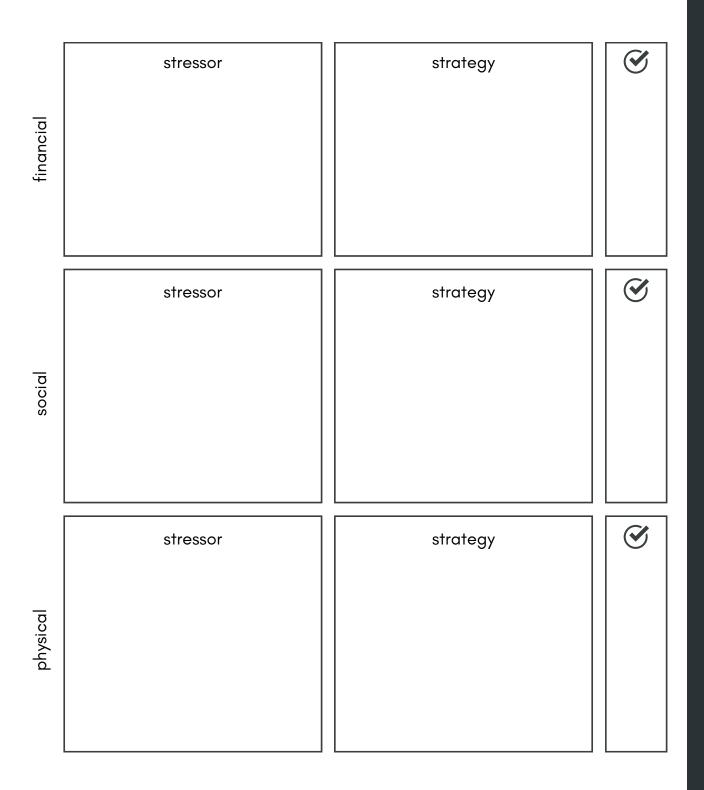
To complete this exercise, populate the first column with any stressors that you perceived within the eight dimensions of wellness. The second step is to populate the second column with possible strategies to minimize or eliminate the stressor.





Stressors + Strategies

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





Stressors + Strategies

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

intellectual	stressor	strategy	⊗
emotional	stressor	strategy	⊗
spiritual	stressor	strategy	⊗