

# Stress Triggers – Map your Day



- 5= I Need some HELP!!!! - Angry/Panic
- 4= I'm REALLY stressed.... Overwhelmed
- 3= Little Stress.... Frustrated
- 2= Trying to stay Focused .... Anxious
- 1= Feeling GREAT.... Happy

**Directions:** For each daily activity, plot the stress meter number that correlates to the activity. Use the map to identify triggers in your day that are causing stress. Explore stress relief tips you can use to decrease stress in your life.

