



|   | Stressful Situation | Why is this activity stressful? | What can I do before the activity to prevent stress? | What can I do during the activity to alleviate stress? | What can someone else do to help me if I get overwhelmed? | Who can I go to for help with this stress? |
|---|---------------------|---------------------------------|--|--|---|--|
| 1 |                     |                                 |  |  |   |  |
| 2 |                     |                                 |  |  |   |  |
| 3 |                     |                                 |  |  |   |  |