

# STRESS COPING SKILLS

## TRACING THE STRESS CHAIN

### Step 1: My Stress Trigger



\_\_\_\_\_



### Step 2: Early Signs I Noticed



**In my Body**  
(e.g., tight jaw)



**Thoughts**  
(e.g., racing)



**Emotion**  
(e.g., irritable)

### Step 3: My Current Response



\_\_\_\_\_

Is this helpful long-term? ☐ Yes ☐ Sometimes ☐ No

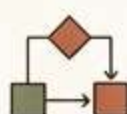
## PLANNING A DIFFERENT RESPONSE

### Alternative Coping Strategies



**One Coping Skill I Can Use (within 5 minutes):**

\_\_\_\_\_



**One Practical Step (to reduce stress source):**

\_\_\_\_\_

**My Plan for Next Time:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

