

Wellness: Stress management

Experiencing stress? Use this toolkit to explore some underlying causes and create action steps to better manage your feelings.

Step 1: Locate your stressors



Step 2: List all the stressors that are under your control

Step 3: List all the stressors that are NOT under your control



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Step 4: What actions can you take to manage controlled stressors?

Step 5: For uncontrolled stressors, what are some steps you can take?

★ *For uncontrolled stressors, resources and strategies are available such as the Student Health and Counseling Center, your Academic Coach, journaling, connecting with your support system, deep breathing, meditation, and much more.*

My commitment is...

