

# My Stress Triggers

|   |  |   |  |
|---|--|---|--|
| <br>school               | <br>work                          | <br>meeting new people          | <br>too much to do  |
| <br>loud noises          | <br>too much alone time           | <br>conflicts with others       | <br>performing      |
| <br>trying something new | <br>being sick                   | <br>family/friend being sick    | <br>Missing Out    |
| <br>being late         | <br>watching the news           | <br>bad weather               | <br>heights       |
| <br>bathroom issues    | <br>not understanding something | <br>going to the doctor        | <br>changes       |
| <br>making choices     | <br>health or weight            | <br>thinking about the future | <br>relationships |