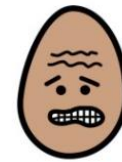


My Stress Triggers



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