



What causes you to be stressed?

CHECK THE ONES THAT CAUSE YOU STRESS

- | | |
|---|---|
| <input type="checkbox"/> Work | <input type="checkbox"/> Family |
| <input type="checkbox"/> Children | <input type="checkbox"/> Husband/wife |
| <input type="checkbox"/> Too much to do | <input type="checkbox"/> Illness |
| <input type="checkbox"/> Money | <input type="checkbox"/> Getting medical care |
| <input type="checkbox"/> Having a place to live | <input type="checkbox"/> Buying medicine |
| <input type="checkbox"/> Taking care of the house | <input type="checkbox"/> Traffic |
| <input type="checkbox"/> Shopping | <input type="checkbox"/> Loss of loved one |
| <input type="checkbox"/> | <input type="checkbox"/> |

How do you cope with stress?



- | | |
|--|--|
| <input type="checkbox"/> Relaxation exercise | <input type="checkbox"/> Do not cope |
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Eat |
| <input type="checkbox"/> Read a book | <input type="checkbox"/> Drink alcohol |
| <input type="checkbox"/> Watch a movie | <input type="checkbox"/> Use drugs |
| <input type="checkbox"/> Talk to a friend | <input type="checkbox"/> Smoke |
| <input type="checkbox"/> Pray | <input type="checkbox"/> |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> |