

PERSONAL STRESS PROFILE

SOURCES OF STRESS					
ENVIRONMENTAL	PHYSICAL STATE	PSYCHOLOGICAL	WORK	FAMILY	OTHER

REACTIONS TO STRESS					
PHYSICAL	EMOTIONAL	MENTAL	BEHAVIORAL	HEALTH	OTHER

UNHEALTHY WAYS OF COPING					

HEALTHY WAYS OF COPING					
ENVIRONMENT	PEOPLE	REDUCE DEMANDS	LIFESTYLE	RELAXATION	YOUR MIND

NOTES
