



Stress Exploration

Factors that Protect Against Stress

Describe the things in your life that counteract stress.

Daily Uplifts

Positive experiences that make you happy.

Examples: eating a good meal, spending time with friends, leisure activities, spending time in nature

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2
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4



Healthy Coping Strategies

Positive actions that help to reduce or manage stress and other uncomfortable emotions. **Examples:** exercise, talking about problems, self-care, journaling, relaxation techniques

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Protective Factors

Individual characteristics or life circumstances that protect you from stress.

Examples: financial stability, good physical health, supportive family, motivation to succeed, education

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