



**Name:** \_\_\_\_\_

This document will be used to assess your ability to identify a stressor in your life, explain how your stressor impacts your wellness, and identify stress management skills you will use to reduce or manage the impact that this stressor might have on your health and well-being.

1. Identify two stressors you presently have in your life.

a. \_\_\_\_\_

b. \_\_\_\_\_

2. Look at your two stressors, pick ONE and circle it. Now break it down into a minimum of two mini-stressors that would be more manageable.

a. \_\_\_\_\_

b. \_\_\_\_\_

3. Using the two mini-stressors, describe in detail how and why they cause you stress. How does this event trigger a stress response for you? How does it make you think, feel, respond, etc.?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Describe the feelings you have associated with this event or stressor.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What choices have you made regarding this stressor that have increased your stress level?

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6. List three detailed, specific, and realistic stress management techniques or strategies that you would be willing to use to manage or reduce this stressor.

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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7. What did you learn about stress and stress management that is relevant for you and how can you apply it to your life?

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## Mental Health and Wellness Poster

<b>Mentally and Emotionally Unhealthy</b>	<b>Mentally and Emotionally Healthy</b>
Doesn't share feelings	Shares feelings with others
Emotions control behavior	Express emotions in healthy ways
Pessimistic	Optimistic
Ignores or denies problems	Solves problems
Holds things inside	Seeks help when needed
Cannot accept change	Copes with change
Gets emotional needs met in unhealthy ways	Gets emotional needs met in healthy ways
Allows stress to control life	Manages stress
"You Messages"	"I Messages"
Aggressive or passive	Assertive
Depressed	Positive attitude
Avoids or runs from conflict	Resolves conflict through negotiation skills
Doesn't listen to different points of view	Open to other points of view
Secludes self	Can be part of a team
Can't sleep	Gets plenty of rest
Eats unhealthy food	Eats healthy
Doesn't exercise	Exercises or works out
Bottles up emotions	Shares emotions

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