

## Activity 1: Identifying Your Sources of Stress

Fill out below the stressors that you are experiencing

1. Getting to work on time while managing my mom's needs in the morning.
2. Not having time for myself.
3.
4.
5.
6.
7.
8.

In the space below, list the strategies that you use to manage stress.

When things become difficult...what are some strategies that you do to feel better or cope with the situation?
Reach out and talk to a relative about things
Taking time at the end of the day to watch movie, show, or TV series
Meditating