

My Stress Triggers

 school	 work	 meeting new people	 too much to do
 loud noises	 too much alone time	 conflicts with others	 performing
 trying something new	 being sick	 family/friend being sick	 Missing Out
 being late	 watching the news	 bad weather	 heights
 bathroom issues	 not understanding something	 going to the doctor	 changes
 making choices	 health or weight	 thinking about the future	 relationships