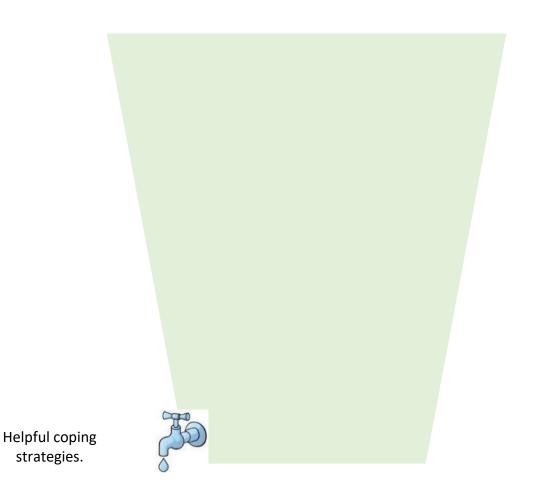




What's in your Stress Container?



In the container, write down all of the things that are currently causing you concern and stress. Now delete all of the ones that you can't do anything about. Now, list your helpful coping strategies that will ensure your stress container doesn't overflow. And rememer the size of the container can change depending upon your levels of vulnerability.