

## Coping With Stress

**Things that are distressing me:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

**Making a plan—things that will help me:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

From M. Thow, K. Graham, and C. Lee, 2013, *The healthy heart book* (Champaign, IL: Human Kinetics).