

Unit 3.4 Stress Management Skills

Things I Can and Can't Control Activity - Level 2 and 3

List 5 things that cause you stress.

- 1.
- 2.
- 3.
- 4.
- 5.

Think about the 5 things you listed above. Is it something that you can or can't control? Write/Type the thing in the correct box below based on if you can control it or not.

Things I Can Control

Things I Can't Control

