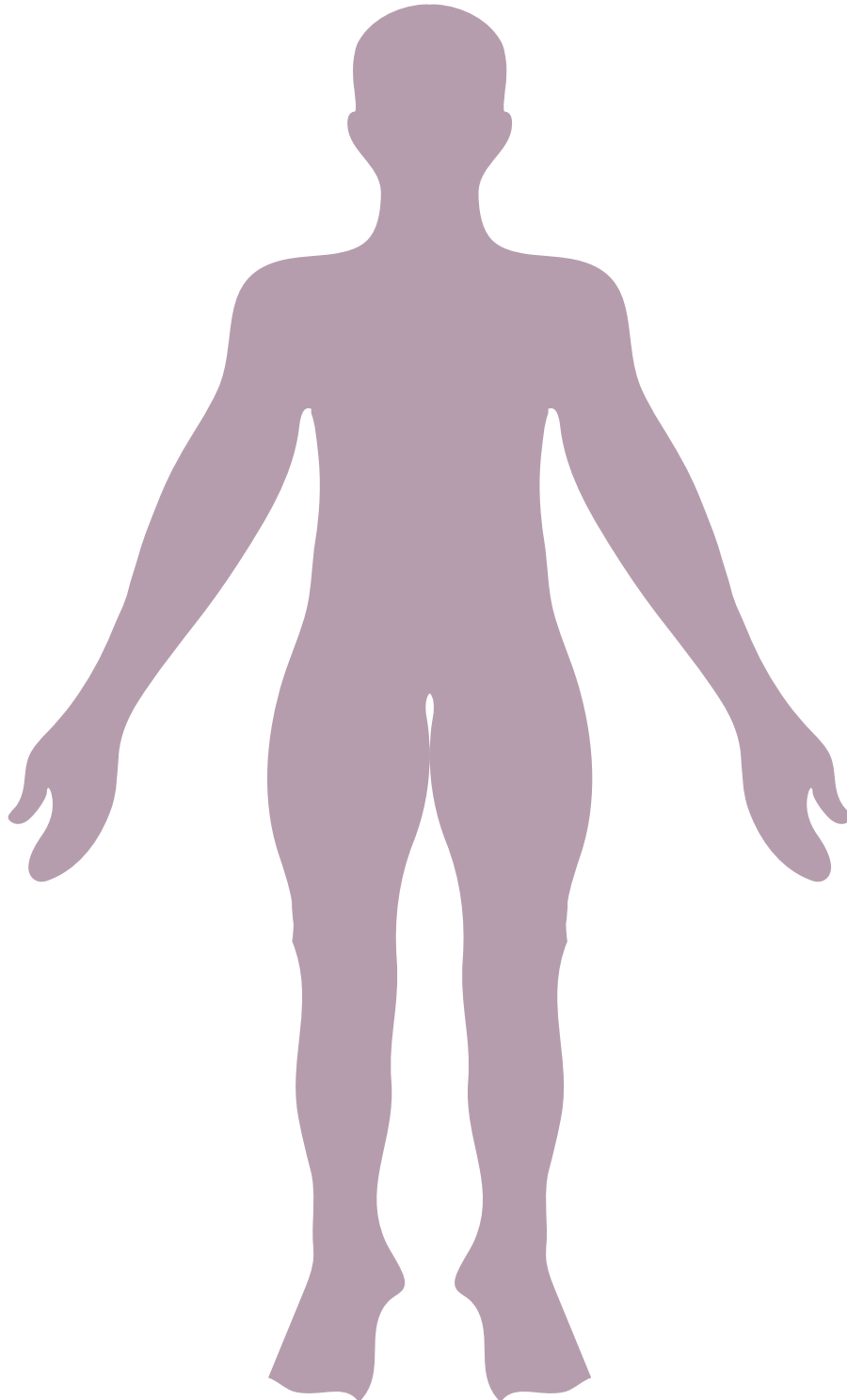


MENTAL HEALTH AWARENESS FOR ADMINISTRATORS AND SCHOOL STAFF
PRESENTED BY CDE HEALTH + WELLNESS UNIT

PUT AN X ON THE BODY IN ALL THE PLACES YOU FEEL STRESS



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WE ALL HAVE PERIODS OF TIME WHEN WE FEEL OVERWHELMED. EVERY DAY, WE FEEL SOME DEGREE OF HASSLE OR STRAIN DUE TO MINOR STRESSORS (I.E. YOU OVERSLEPT, YOU'RE STUCK IN TRAFFIC) OR MAJOR SITUATIONS (I.E. JOB SECURITY, ILLNESS). STRESS CAN MANIFEST ITSELF MANY WAYS. THINK ABOUT HOW YOU ARE AFFECTED BY VARIOUS STRESSORS AND COMPLETE THE LIST BELOW.

Ways in which my body reacts to stress:

Ways in which my personal life is affected by stress:

Ways in which my professional life is affected by stress: