

# 5 STEPS FOR UNDERSTANDING YOUR STRESS

## 1. IDENTIFY THE SOURCE



### What Is Making You Feel Stressed?

The level of stress we experience can fluctuate at any time based on factors like school, work, and relationships. Recognizing what is causing you to feel stressed is the first step in the process.

## 2. MANAGE YOUR EXPECTATIONS

### Are Your Goals Realistic?

Sometimes, we pile on several tasks at a time without stopping to think whether it can be achieved in a practical time frame. Take some time to pause and think about what you can or cannot do given your circumstances.



## 3. RECOGNIZE CIRCLING THOUGHTS



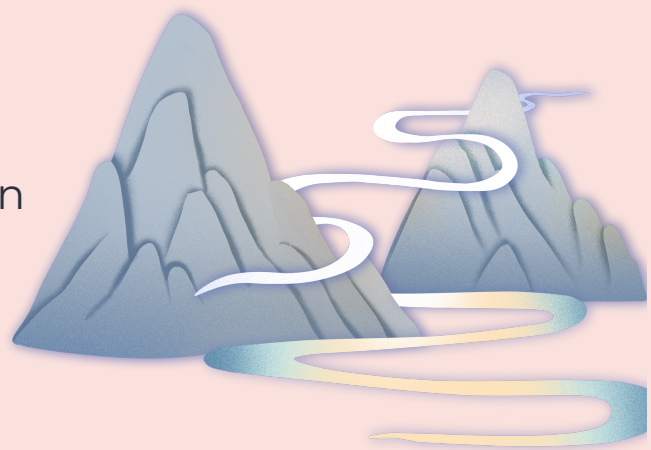
### Feeling Stuck In Your Head?

Repeating thoughts can become overwhelming when trying to think of the "what ifs" of a situation. Try and break these thoughts patterns to avoid going down a rabbit hole of negativity.

## 4. FOLLOW YOUR OWN PATH

### You Don't Need To Follow Other People

Pressure and comments from others can cause your vision to become clouded. Focus on creating your own path by asking yourself what you want to do.



## 5. FOCUS ON WHAT YOU CAN CHANGE



### What Am I In Control Of?

Instead of focusing on things that are out of your control, take control of the situations in your life that you can change whether big or small.

