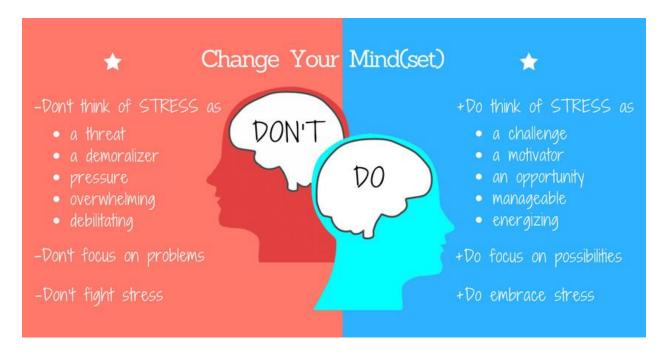


Developing a Stress Mindset



Think of something that is currently causing you stress.
Remember times in the past that you overcame similar challenges.
Think about the resources (both internal and external) that helped you overcome those challenges.

On the other side of this page is an (incomplete) list of personal strengths. Identify the strengths you possess that might help you overcome your current challenges.



Developing a Stress Mindset Positive Traits

Kind	Patient	Mature
Intelligent	Realistic	Focused
Hardworking	Honest	Courteous
Loyal	Generous	Grateful
Attractive	Modest	Open-Minded
Down-to-Earth	Serious	Positive
Goofy	Independent	Responsible
Creative	Trusting	Cooperative
Accepting	Resilient	Frugal
Strong	Cheerful	Tolerant
Friendly	Self-Directed	Innovative
Flexible	Reliable	Balanced
Nurturing	Relaxed	
Thoughtful	Listener	
Confident	Brave	
Optimistic	Decisive	
Respectful	Enthusiastic	
Determined	Forgiving	
Skilled	Humble	
Helpful	Sensitive	
Motivated	Organized	
Insightful	Selfless	Therenist Aid come @ 2012
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