

| STRESS | | |
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| Packet | Contents | Description of Contents |
| CS9e: Managing Your Stress | Managing your stress | Basic stress management workbook, including self-examination, symptoms awareness, identification of triggers, underlying stressors and lifestyle issues, evaluation of past coping, and introduction to several key coping skills. |
| | Worksheets | How am I doing today? Stress and your health Assessing your symptoms (FID tools) |
| SD3e: Dealing with Your Stress and Trauma | Dealing with stress and trauma in your life | Introductory trauma-informed care resource appropriate for most populations. Links client trauma and dependencies and identifies basic steps toward cognitive change. |
| | Worksheets | TJ Where you are TD2 Self-awareness review What can I do now? Life experiences and resilience |