|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Areas of Emotional Stress | What I Can Control | Emotions | Cause/Trigger of Emotion | Action Plan | Review In… |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

**How to Work Through and Process Emotional Stress**