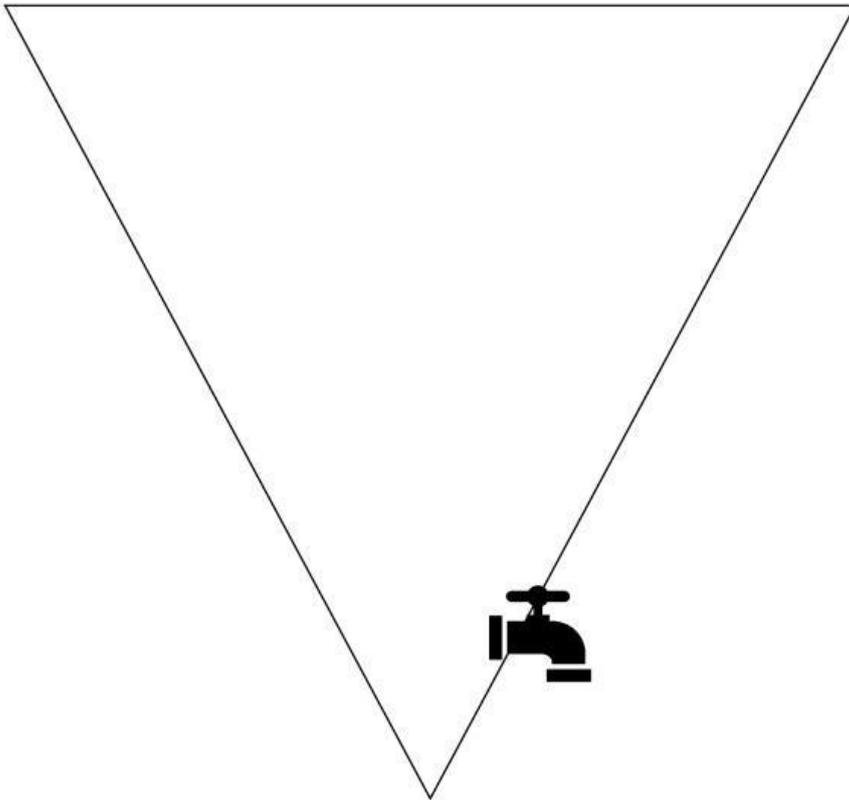


## The Stress Container



What can I change?

What needs my urgent attention?

Who could help me?

What helpful coping mechanisms do I use?

What unhelpful coping mechanisms do I use?