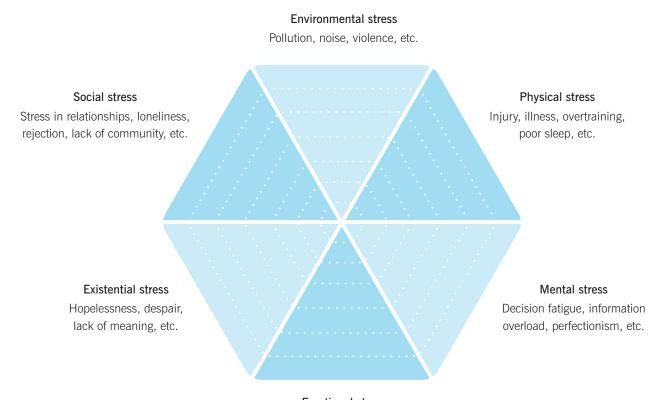
Wheel of Stress

NAME DATE

Color in each wedge with how strongly each particular stressor is affecting you right now. The more you color in, the more stress you have in that domain.



Emotional stress Grief, anger, shame, fear, etc.

