

What's Your Problem?

Problem:

If you are feeling anxious, stressed, irritated or angry, it helps to ask yourself why you are feeling that way. Identifying what is causing those feelings is the first step in helping you feel better about your life. Then look at what your options are and decide what is the healthiest way to solve your problems.

Options

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

To DO:

→ DON'T FORGET!

What are you going to do about it?