

# Stress Detangling Exercise

A major contributing factor in a stressful state of mind is the tangle of worries that sometimes pile on top of one another. It's never just *one thing* that's causing your stress is it? This detangling exercise may be useful in helping you sort through the thoughts and feelings that lead to stress.

Situation / stressor:	Emotion about the situation:	What I'm doing about it:
<i>Examples:</i>		
Argument with a friend	Sad, angry, lonely	I'm going to ask her to talk about it soon
Loved one is ill	Anxiety, sadness	Nothing I can do. Am being supportive