

STRESSOR	REACTIONS				MEANS OF COPING	MEANS OF COPING BETTER
	Feelings	Thoughts	Behaviors	Physical		
1. Routine a.						
b.						
2. Unique a.						
b.						
RELAXATION TECHNIQUES TRIED				EFFECTIVENESS OF TECHNIQUE		
1.						
2.						
3.						
SENSATIONS						
Bodily Sensations				Mind Sensations		