



**TEACHING**  
WITH  
MENTAL HEALTH IN MIND



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**Identify Sources of Stress**

List details for at least 3 of the topics/categories provided.

**+Stress**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**-Stress**

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Which of the stresses, if any, significantly impact your wellbeing, relationships, or work?  
What can you do for yourself to relieve the stress?

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Which SPICES (+F) need some attention to bring flavor to your life?

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You are talented! What comes naturally? How do your talents help you to overcome stress? How do your talents add to your stress?

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List the first 5 people you can think of to provide you with appropriate support in becoming or remaining mentally healthy?

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