

Worksheet 4.1

Recognizing and Coping With Stress

List the five greatest stressors that affect your work. These stressors may originate from your work or personal life. For each stressor, describe what you have done to alleviate it. If you have not been able to deal with the stress and would like suggestions, discuss it with the group.

Stressor	Coping Mechanism

PARTICIPANT WORKSHEETS
Serving Survivors of Homicide Victims

Stressor	Coping Mechanism