



PULMONARY HYPERTENSION
ASSOCIATION OF CANADA
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L'ASSOCIATION D'HYPERTENSION
PULMONAIRE DU CANADA

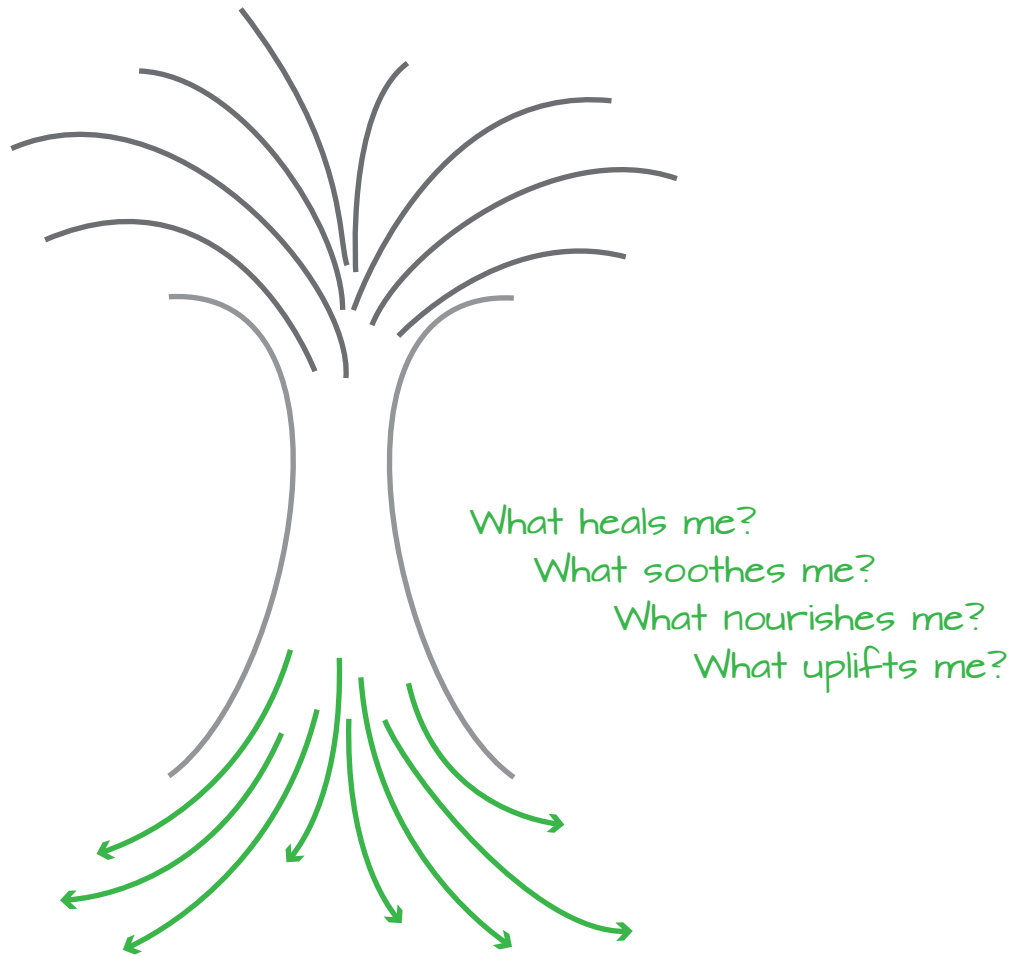
Empowering the Canadian pulmonary hypertension
community through awareness, advocacy,
education, research and patient support.

The Stress Tree

Note:

This accompanies the Stress Tree Webinar, which can be found at: www.phacanada.ca/stress-management-webinars.

We recommend watching the short webinar prior to filling out this worksheet.



How to use this worksheet :

- 1) Identify the elements that currently cause you stress and write them out in the branches of the tree.
- 2) Next to the stressors you have identified, write out your feelings in relation to these situations.
- 3) Answer the questions in green by identifying healing activities and writing them out in the roots of the tree.