



Expressions:

- Dealing with ... makes me stressed.
- I've been experiencing ... because...
- One of the main causes of stress in my life is ...
- I've noticed that stress sometimes makes it difficult for me to...
- The impact of ... on my well-being includes...
- Emotionally, ... triggers feelings of...
- To cope with ..., I've been...
- When I'm stressed, I find that ... helps me.
- To avoid feeling overwhelmed, I plan and organize my tasks by..