

Stress Busting

Activity: Stress Busting

Think of the last time something that made you feel bad, nervous, or worried. What did you do? What made you feel better? When something happens that makes you feel bad, nervous, or worried, what do you usually do that helps you the most? What do you do that doesn't help much, but you do it anyway?

Now think about the three things that stress you out the most and write them down in the spaces below. Once you've written down what stresses you, think about and write down what you could do to feel better and lower your Stress Scale when you're in this situation!

#1 Stress

My Stress busting strategy / plan:

#2 Stress

My Stress busting strategy / plan

#3 Stress

My Stress busting strategy / plan:
