



# MY STRESS TOOLBOX



# WHAT CAN I DO WHEN I FEEL STRESSED?



EXERCISE



DO SOMETHING CREATIVE



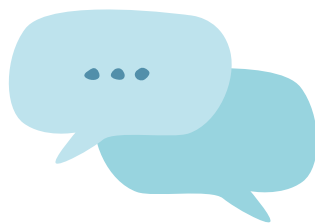
LISTEN TO MUSIC



SPEND TIME OUTSIDE



TALK TO SOMEONE YOU TRUST



FOCUS ON THE POSITIVE



HAVE A HEALTHY SNACK



READ A BOOK



PLAY WITH A FURRY FRIEND



# WHAT OTHER WORDS CAN BE USED TO DESCRIBE STRESS?



ANXIOUS

SCARED

WORRIED



FRUSTRATED

JUMPY

OVERWHELMED

UPSET

NERVOUS

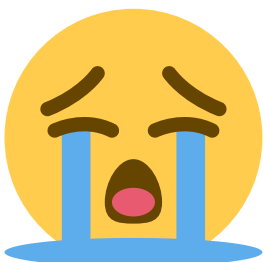
TENSE

JITTERY

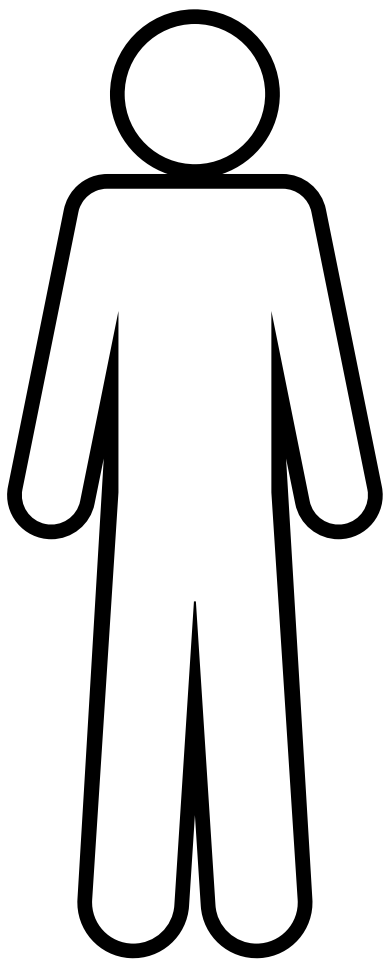
TROUBLED

FREAKED OUT

CONCERNED



STRESS CAN MAKE US FEEL MANY DIFFERENT  
WAYS. HERE ARE SOME ACTIVITIES TO GET US  
THINKING ABOUT WHAT IS CAUSING US TO FEEL  
THIS WAY AND HOW WE CAN FEEL BETTER!



COLOR THE  
PERSON TO  
SHOW WHERE  
YOU FEEL  
STRESS IN YOUR  
BODY



DRAW A PICTURE OF SOMETHING  
THAT IS MAKING YOU FEEL STRESSED

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

MAKE A LIST OF THE TOP 5 THINGS  
THAT MAKE YOU FEEL BETTER WHEN  
YOU ARE STRESSED