

Stress Management

1. Think about what is causing you stress – is it lots of things? One thing? Write about it here in as much detail as you can:

2. See if you can reframe your viewpoint (like we talked about in the presentation). Is **all** of this bad? Is there any lesson you can see in this? Will it end? Try and reframe your viewpoint here:

3. Think back to what fuels your superpowers! List 2-3 things you can **do** as you try to decrease your stress.

1. _____
2. _____

4. Still feeling stuck? In each box, write down something you feel grateful for and keep these things in your pocket/wallet/purse as a reminder. This too shall pass and there are wonderful things in your life.