

NAME: _____

Stress

These are the things that make me stressed:

1. _____

2. _____

3. _____

These are the ways I help myself relax and relieve stress:

1. _____

2. _____

3. _____

Frustration

These are the things that make me feel frustrated:

1. _____

2. _____

3. _____

These are the ways I help relieve frustration:

1. _____

2. _____

3. _____