

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. \_\_\_\_\_