

# When I'm stressed...



I exercise

I say a plan out  
loud to myself

write on paper  
everything on my  
mind

make a list of  
things to-do

I do my  
grounding  
techniques

I tell a friend  
I'm stress

stop what I'm  
doing and do  
something very  
different

I breathe in  
fresh air

I have a shower  
and imagine  
stress melting

have a  
refreshing drink

run my hands  
under cold  
water

I try to identify  
my feelings

I try to identify  
the cause