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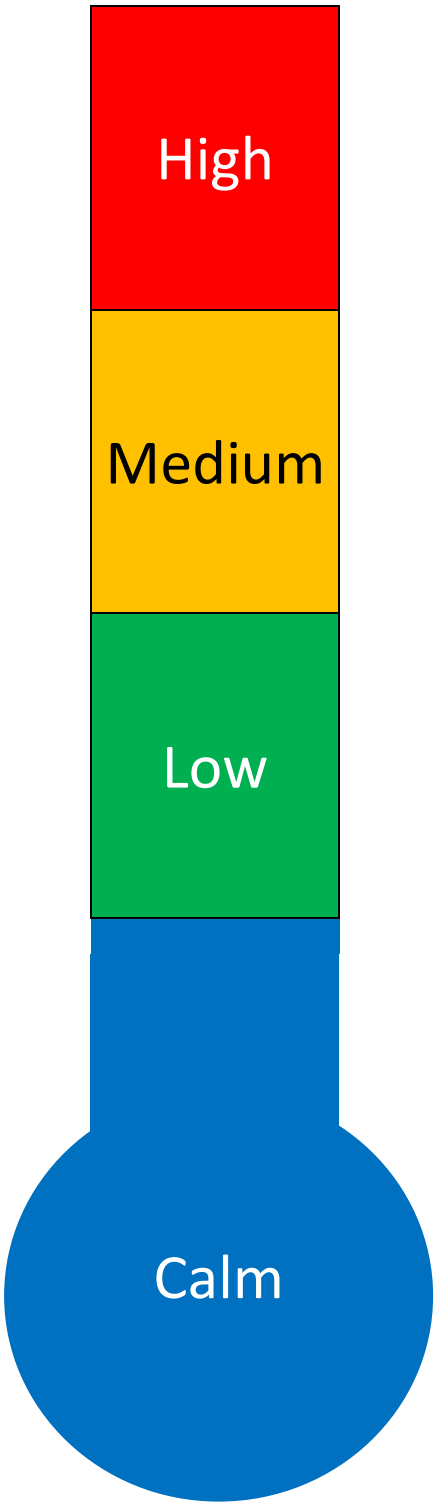
What Makes Me Stressed or Anxious?

	Am I Feeling…?	Write some things that make me stressed or anxious below	What are the physical signs in my body that tell me I am stressed?	What are some thoughts that I have when I am stressed or anxious?	What do I need to do?
Exploding, out of control	High				
Angry, frustrated	Medium				
Upset, nervous or anxious	Low				
Relaxed	Calm				

Stress barometer

Some things that make me stressed or anxious		What I need to do to feel less anxious
Roaring engine feeling	. . . .	Take a break . . . .
Engine revving feeling	. . . .	Take a deep breath . . . .
Slow idling engine	. . . .	Get a drink of water . . . .
Engine off	. . . .	. . . .



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