



TBH “DE-STRESS YOURSELF” HANDOUT

YOUR DE-STRESS PLAN

Now that you have had the chance to learn about stress, you can develop a plan to “de-stress.”

DIRECTIONS: List three ways you can help yourself “de-stress.” Be sure to include something to help you in the moment, as well as something you can practice long-term to balance ongoing stress.

1. _____

2. _____

3. _____

