



Stress Thermometer

Example

Stress Feelings/Symptoms

Self-Control Technique

Overwhelmed

Consumed

Unnerved

Rattled

Worried

Stressed

Wary

Unsettled

Tense

Concerned

Unsure

Go for a run

Take time out

Talk with friend

Thought stopping

Clean or organize

Journal writing

Listen to music

Go workout

Say my mantra

Reframe thought

3 deep breaths



Point of No Return Indicator