



# Stress Thermometer

## Example

Things that Cause Stress for Me:

Stress Management Technique

Family Relationships

Schoolwork

Sport

Self-Esteem

Cluttered room

Relationship

State of the world

Future

Body Image

Outcome of Conflict

Overall Anxiety

Go for a run

Take a time

Talk with family

Thought stopping

Clean or organize

Journal writing

Listen to music

Go workout

Say my mantra

Reframe

3 deep breaths



Point of No Return Indicator