



# Stress Thermometer

On the left side, write down the things in your life that contribute to your stress. On the right side, write down the self-control or stress management technique that you can engage in to reduce or cope with the stress on the opposite side.

Things that cause stress for me:

Stress Management Technique

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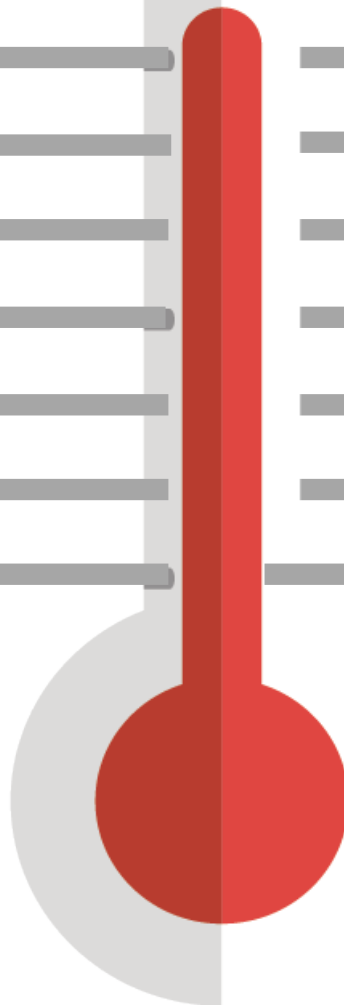
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Point of No Return Indicator