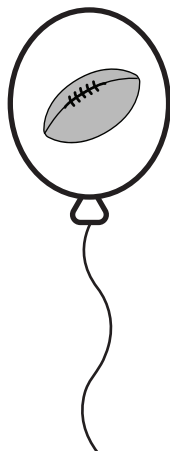


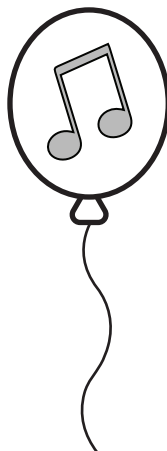
Stress Deflators

Read and complete the lists to help manage your stress.



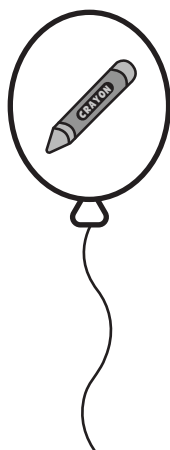
List your five favorite exercises.

1. _____
2. _____
3. _____
4. _____
5. _____



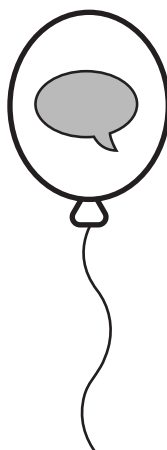
List five songs that you enjoy listening to.

1. _____
2. _____
3. _____
4. _____
5. _____



List five things you like to draw or color for fun.

1. _____
2. _____
3. _____
4. _____
5. _____



List five people you can talk to about your stress.

1. _____
2. _____
3. _____
4. _____
5. _____



Now, you can use this list to help you manage your stress.