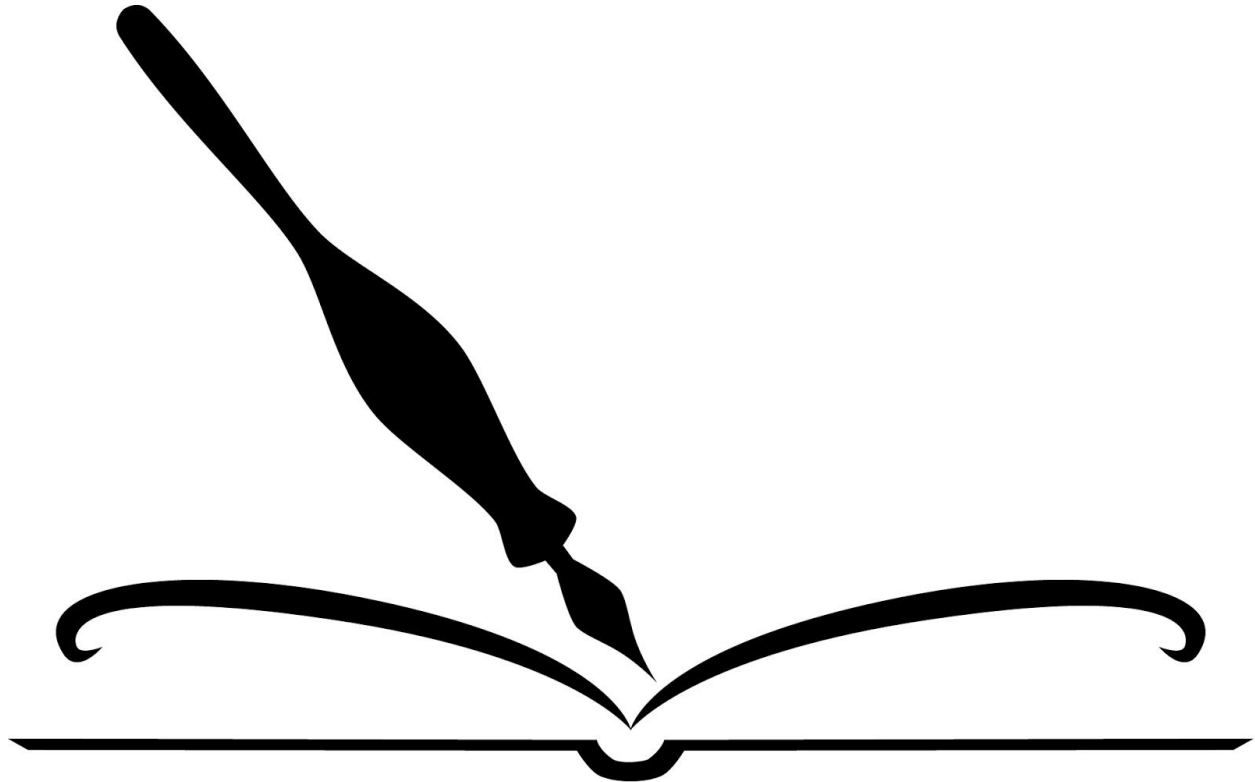


Stress Relief

1. How do you know when you are stressed out?
2. What does it feel like in your body when you are stressed out?
3. How do you know when other people around you are stressed? How do they know when you are stressed?
4. What sorts of things stress you out?
5. What has worked in the past to help you relax?
6. What things make you feel bad, but you find yourself doing them anyway? What can you do to change that?
7. What can you do to take better care of yourself?
8. How can you make more time for yourself?
9. What music can you listen to when you are stressed out?
10. Who helps you feel less stressed?



PAPER THOUGHTS