**STRESS MANAGEMENT WORKSHEET**

Stress isn’t always a bad thing. **List examples of when stress can be good and when stress**

**can be bad.**

****

 **GOOD BAD**

 **STRESS STRESS**

 ** **

|  |  |
| --- | --- |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**Choose One:**

**Write or draw what stress would look like if it could be seen.**

|  |
| --- |
|  |

**Write or draw what stress would smell like if were a thing.**

|  |
| --- |
|  |

**Write or draw what stress would sound like if it could be heard.**

|  |
| --- |
|  |

 **   **