**STRESS MANAGEMENT WORKSHEET**

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

**can be bad.**

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**GOOD BAD**

**STRESS STRESS**

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**Choose One:**

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

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

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

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