

## **EXERCISE: THE STRESS I FEEL**

### **1. WHAT IS STRESSING ME OUT?**

Think about the stressful things in your current everyday life, situation in life, or specific situations, for instance.

**2. HOW CAN I TELL WHEN I START FEELING STRESSED?**

A large, empty rectangular box with a thin black border, occupying the majority of the page below the question. It is intended for the user to write their answer to the question.