

# DON'T LET STRESS GET YOU ALL WET

## Don't Let Stress Get You All Wet

Everyone experiences stress; it's a part of daily living. The secret is to participate in daily stress reducers to better prepare yourself for the stress you face daily. We can't get rid of all our stress, but we can find ways to relieve stress on a daily basis. Don't let stress get you all wet.

Some of my stressors are:

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_

List five things you could do to relieve stress during the next week and check off which ones you do each day.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Example: ride a bike							
1.							
2.							
3.							
4.							
5.							

What I learned and what I can do in the future to manage and reduce stress in a positive way.

