

DON'T WORRY, DO SOMETHING, THEN BE HAPPY

Don't Worry, Do Something, Then Be Happy

1. List one of your stressors:
2. Brainstorm possible solutions:
3. Select the best positive solution or solutions:
4. On the other side of this paper, write down your stressor and your positive solution. Draw or paste a picture representing both the stressor and the solution.
5. Write down your best positive solution(s). You may include pictures or drawings.
6. On your own, test your solution(s) and then evaluate the results.

