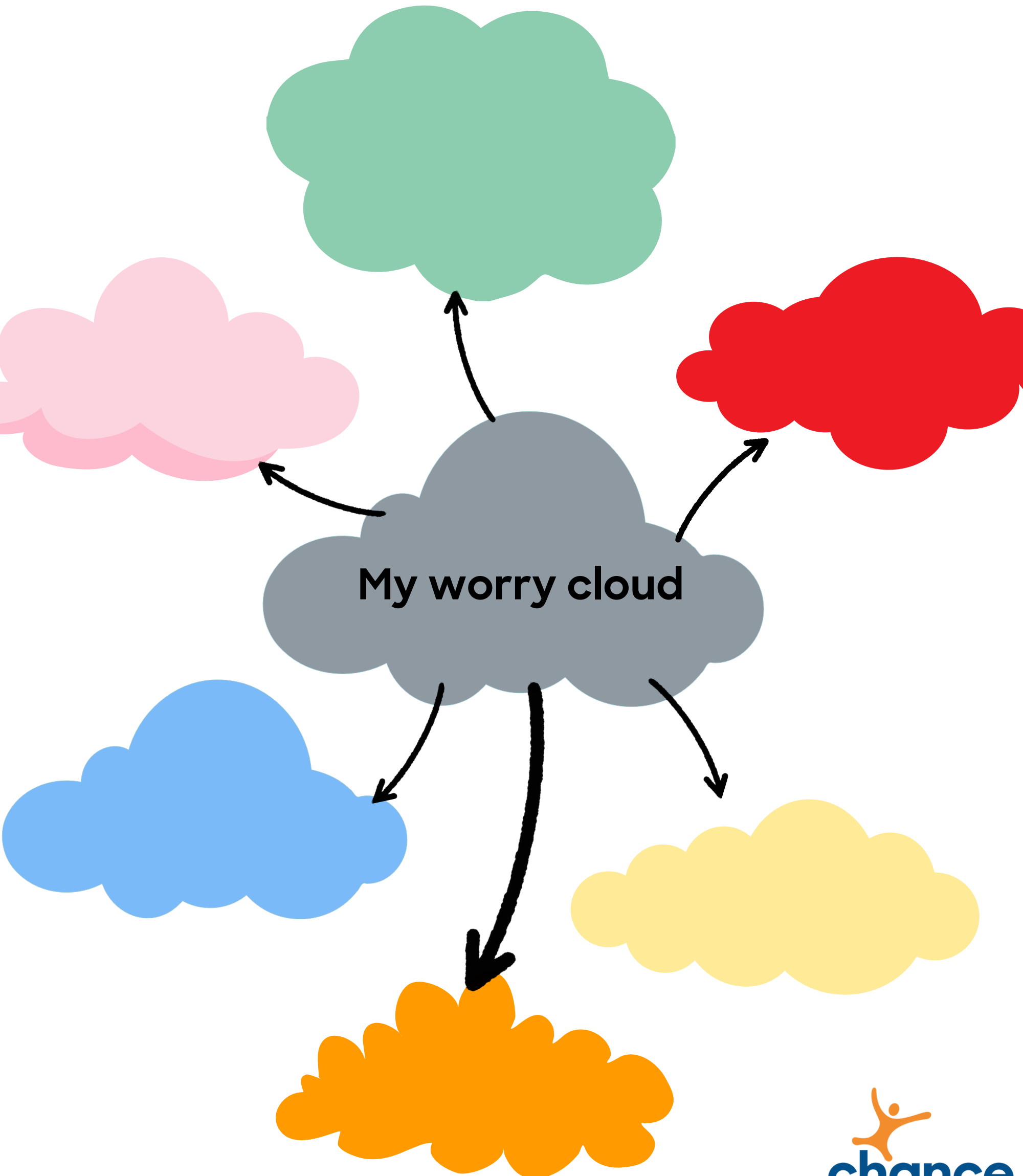


WHAT ARE THE THINGS THAT CAUSE ME STRESS?

In each cloud, write down something that is causing you stress or worry right now



Stress Relief Bingo!



When you're feeling stressed, play this stress bingo to see how many activities you can do that would help you to feel less stressed right now.

Take a walk

Read

Count to
10

Write in a
journal

Speak to
someone

Stress ball

Draw/
Paint

Watch a
film

Deep
breaths

Listen to
music

Spend time
with pets

Ask for
help



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