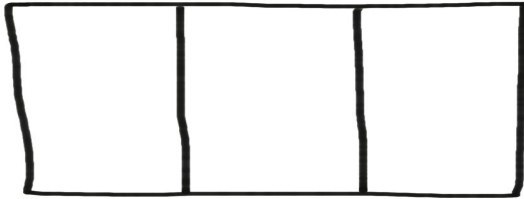


## Stress Management: Expressing Yourself and Identifying Personal Coping Strategies

This is fun!

1. Get a piece of paper and fold it into thirds.



2. a) In the first column "A", write and/or draw how you are feeling in this moment. Don't hold back. This is for you only.

b) Jump to the third column "B", write and/or draw how you WANT to feel.

c) Now go to the middle column "C", think of this as the bridge. How are you going to get from "A" to "B"? Write what you can do, would like to consider, think might be possible, and just sounds like a great idea for yourself in how you could move from "A" to "B".

d) Try out your ideas from the middle column. See if they actually help. If not, back to the drawing board!



More examples of this simple, weird, and easy thing to do. Just grab some paper, a pen, or the nearest highlighter, crayon, pencil, marker, or sharpie.

