

STRESS!

Do you recognize the signs?

How to use the cards

Place the sorting cards from the deck on the table in front of you.



Go through the 55 cards one by one and stack the cards on the corresponding sorting card.

Create a top 5

Next, go through the stack of "responses that apply to me entirely" and determine the top 5 responses that most apply to you. Write your top 5 down in the table below in the left column.

For each card from your top 5, think of an action that you can take in similar stressful situations in the future. If you have difficulty finding an appropriate response, you can always ask for help from people around you. What would they do if they were in your shoes, or what would they advise you to do? Write these tips down so you can remind yourself of them.

	My top 5	The action I can take in similar stressful situations
1		
2		
3		
4		
5		

Good luck!