

FEELING STRESSED IS OPTIONAL

Toolbox Worksheet

Name of tool:

How does it make me feel?

Did I find this helpful?

If yes, when can I practice this tool to strengthen it and increase its effectiveness?

In what situations is this tool most helpful?

*Where can I access it if I need a reminder? (Where have I written it down or documented it?
What is the URL, page #, etc.?)*