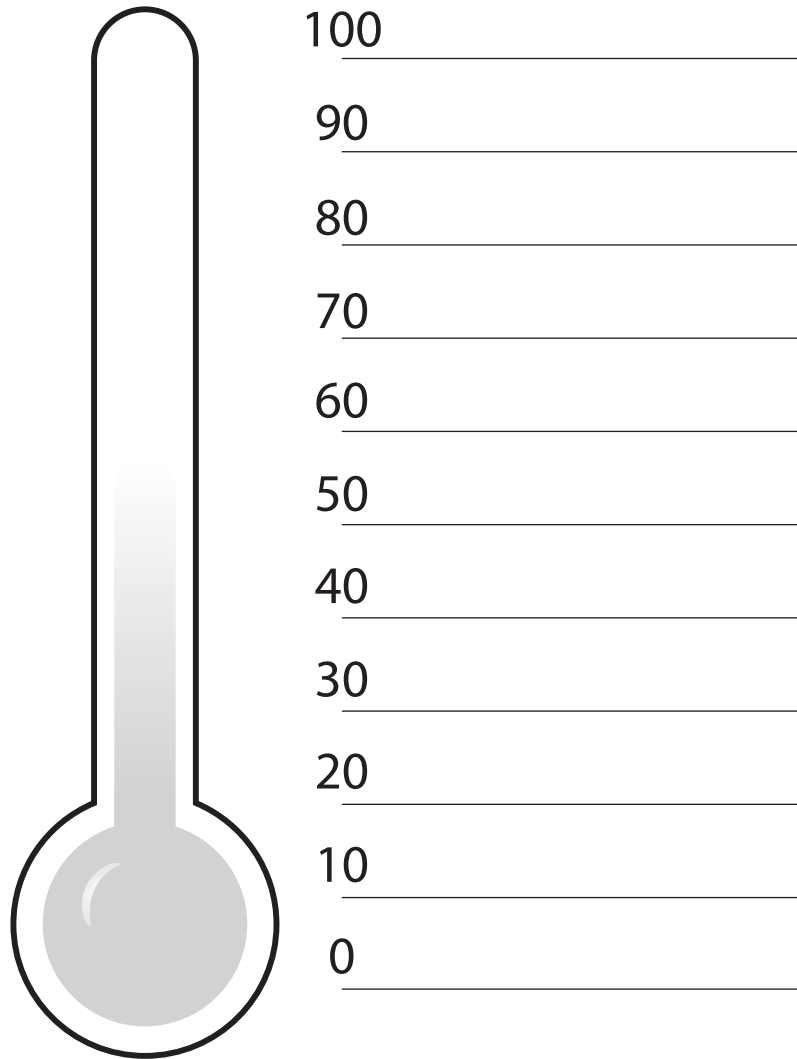


## Strategy #3: Stress Thermometer

For each degree of stress, think about what you feel in your body, what type of thoughts (e.g., scattered/irrational) you have, and what kind of behaviors you perform (e.g., fidgeting/pacing/calm).



100 \_\_\_\_\_  
90 \_\_\_\_\_  
80 \_\_\_\_\_  
70 \_\_\_\_\_  
60 \_\_\_\_\_  
50 \_\_\_\_\_  
40 \_\_\_\_\_  
30 \_\_\_\_\_  
20 \_\_\_\_\_  
10 \_\_\_\_\_  
0 \_\_\_\_\_