

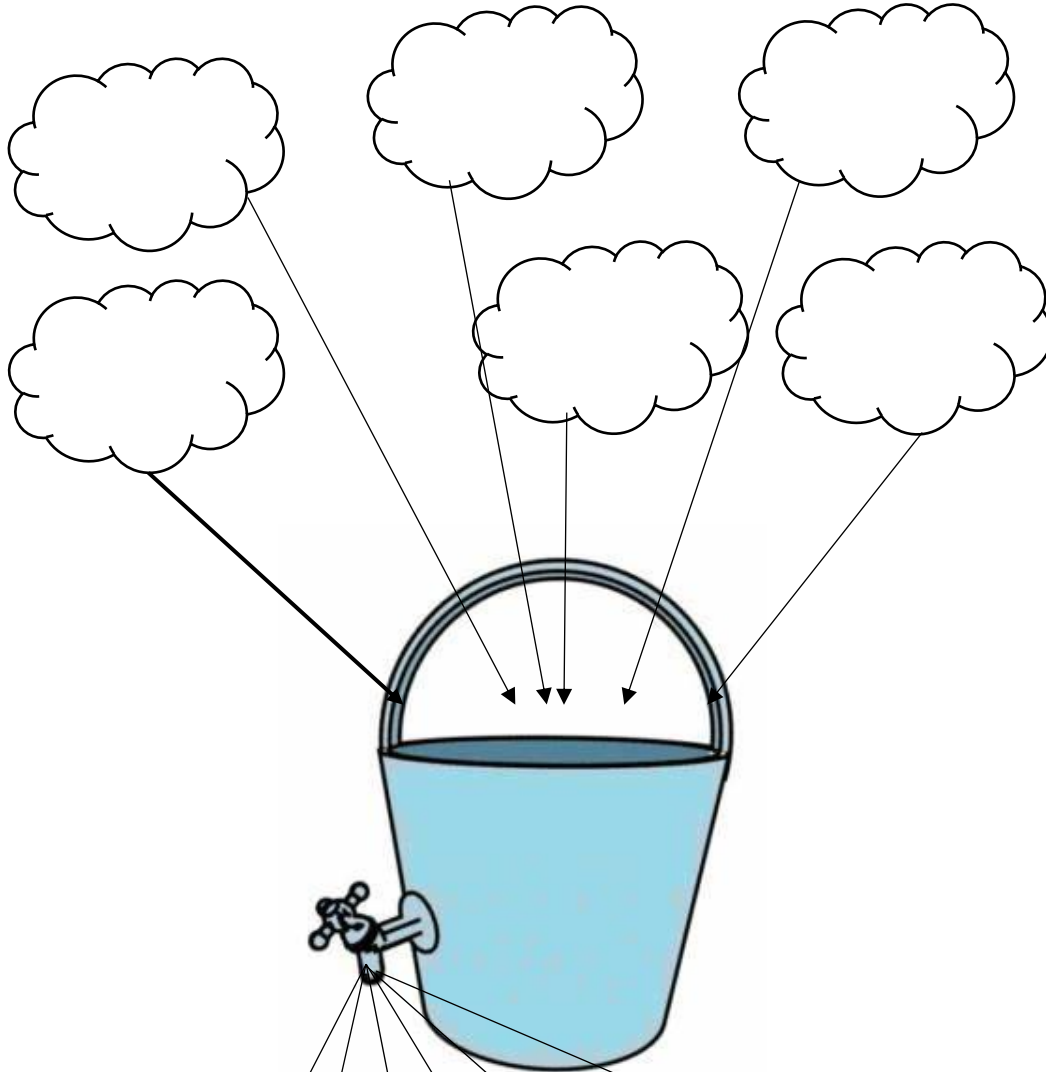


Stress Bucket Exercise

Developed from an idea by Brabban and Turkington (2002)

Causes of Stress

Write in the clouds what causes your stress



Help to Relieve Stress

Write in the clouds below what can relieve your stress

