



New Braunfels Location
645 N. Walnut Ave.
New Braunfels, TX 78130
Phone (830) 730-6090
Fax (830) 455-4355

San Marcos Location
2003 Medical Parkway, Ste C
San Marcos, TX 78666
Phone (512) 643-5440
Fax (512) 649-1022

e. info@inmindout.com
w. inmindout.com

My Stress Handout

<p>What things make you feel stressed? <i>(Draw or Write)</i></p>	<p>Stress is often felt in your body:</p> <p>Check How Much Stress <i>(0 = none; 1 = Some; 2 = Much)</i></p> <p>___ Head ___ Neck ___ Shoulders ___ Arms ___ Hands ___ Chest ___ Stomach ___ Hips ___ Legs ___ Feet</p>
--	--

Check ways that help you feel less stressed:

___ Talking positively to myself. What do you say that is helpful?

___ Exercise (for example, riding bikes, playing basketball, rollerblading, punching bag). List your favorite activities:

___ Talking to someone. List whom:

___ Doing something to take my mind off the stress. List things you do:

___ Writing in a journal

___ Playing music

___ Drawing

___ Breathing, relaxation and visualization



InMindOut

Emotional Wellness Center, LLC

New Braunfels Location
645 N. Walnut Ave.
New Braunfels, TX 78130
Phone (830) 730-6090
Fax (830) 455-4355

San Marcos Location
2003 Medical Parkway, Ste C
San Marcos, TX 78666
Phone (512) 643-5440
Fax (512) 649-1022

e. info@inmindout.com
w. inmindout.com

___ Playing with a friend. Name friends:

___ Others: _____
