MY STRESS THERMOMETER

Stress Signals:

Breaking Things

Hitting (Myself, Others or Things)

Clenching My Teeth

Banging My Head

Raising My Fist

Clenching My Fists

Throwing Things

Stomping

I want to take off to the woods.

It's hard to listen

Yelling or Raising My Voice

Picking

Crossing My Arms

Looking Down or Away

Sighing

Rolling My Eyes

What Works:

Talk to Myself

Punch a Pillow

Do Something Physical

Kick a Soccer Ball

Listen to Music

Sit Under the Tree

Use My Stress Ball

Have a Bath

Go outside

Talk to Staff

Have a Cup of Tea

SAMPLE

Adapted from: McAfee, J. (2002). *Navigating the social world.* Arlington, Texas: Future Horizons.