

# Activity Sheet - 4B: I AM IN CONTROL

Name \_\_\_\_\_ Date \_\_\_\_\_

Think about a time when you felt scared, worried, or angry to answer the questions below.

Describe your stressful experience in a few sentences.

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Which feelings and thoughts caused your stress response?

I felt \_\_\_\_\_

I thought \_\_\_\_\_

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Where and how did you feel the stress response in your body?

I felt stress in my \_\_\_\_\_

It felt like \_\_\_\_\_

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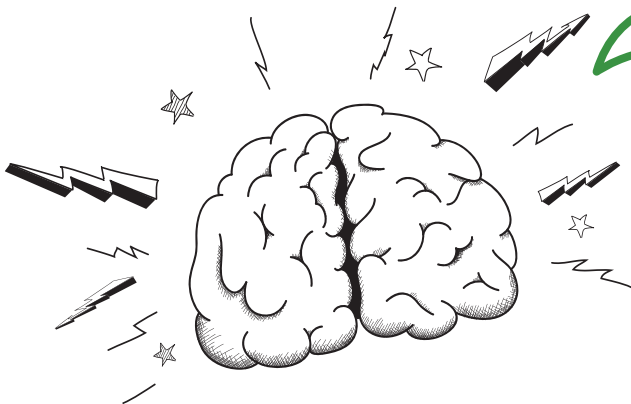
How could the Breath Brake help when you feel a stress response?

The Breath Brake can \_\_\_\_\_

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What could you tell your brain when you feel stressed?



"Hey brain, \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_."