

# Stress Thermometer

## Work Example

### Most Stressed Ever

#### *What I Look Like*

When my co-worker  
doesn't complete the  
job

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When I arrive late for work

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When I get assigned a  
different job

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#### *What I Can Do*

Take a walk during my  
lunch break

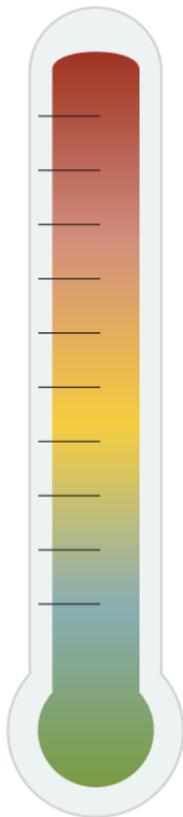
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Use my breathing cards

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Count to 10 and pull on  
my stretch wristband

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No Stress