



Name: _____

Date: _____

Take Care of YourSELF

Instructions: Create a poster for your home to remind you about how to keep a balanced life so you won't feel stressed out. Write what each step represents based on what you learned about stress and the SELF technique. Then transfer your ideas to a piece of construction paper or poster board. Add drawings, photos, or pictures next to each letter that represents you in each step. Be sure to title your poster. Then take care of yourself!

S: _____

E: _____

L: _____

F: _____

