

Name \_\_\_\_\_

## The Stress-Busting Toolbox

### Multiple Choice Questions

1. Where did the narrator find the stress-busting toolbox?
  - A) In a dusty attic
  - B) In their cousin's garage
  - C) In a hidden cave
  - D) In a vintage store
  
2. What was the first tool the narrator found in the toolbox?
  - A) A set of colorful paints and canvases
  - B) A journal for writing thoughts and feelings
  - C) A soothing meditation CD
  - D) A pair of running shoes
  
3. How did writing in the journal help the narrator manage stress?
  - A) It transported them to a peaceful garden
  - B) It provided valuable insights and strategies
  - C) It allowed them to express themselves and release tension
  - D) It helped them clear their mind by listening to music
  
4. What tool helped the narrator relax by visualizing a peaceful garden?
  - A) The inspirational books
  - B) The colorful paints and canvases
  - C) The meditation CD
  - D) The pair of running shoes
  
5. Why is the narrator on a mission to create their own stress-busting toolbox?
  - A) To find more dusty old toolboxes
  - B) To have a personal sanctuary
  - C) To build a customized stress management toolkit
  - D) To go for a jog around the neighborhood

