

Name _____

The Stress-Busting Toolbox

Open-Ended Response Questions

1. If you were to create your own stress-busting toolbox, what tools or techniques would you include, and why?
2. How do you think the experiences with the stress-busting toolbox changed the narrator's perspective on stress management and self-care?
3. What challenges or surprises might the narrator encounter as they build their own stress-busting toolbox, and how might they overcome them?
4. In your opinion, why is it important for individuals to have a toolbox of strategies for managing stress, and how can it enhance their overall well-being?

