

Name _____

The Stress-Busting Toolbox

Open-Ended Response Answer Key

1. Answers may vary, but students might include tools like mindfulness exercises, a stress-relief app, a favorite book, art supplies, a journal, or a list of relaxing music to create a personalized stress-busting toolbox.
2. Students might suggest that the experiences with the stress-busting toolbox changed the narrator's perspective by highlighting the importance of self-care, emphasizing the value of having a variety of stress management tools, and promoting the idea that managing stress can be enjoyable and creative.
3. Challenges might include finding the right tools that work for them personally, making time for self-care, and staying consistent in their stress management practices. Overcoming these challenges could involve trial and error, seeking support from others, and prioritizing self-care.
4. Students might explain that having a toolbox of stress management strategies is important because it provides individuals with a range of options to cope with stress in healthy ways. It can enhance overall well-being by promoting self-awareness, resilience, and emotional well-being.

