



DIY

In the Moment Ways to Lighten the Stress Load

We are all very different when it comes to what helps us find calm. Tapping into Step 3 (*Reduce*) of the Shanker Method®, this tool can be used to help identify ways to lighten your stress load in the moment with adaptive coping mechanisms.

Draw pictures and identify in the boxes below ways that help you lighten your stress load. Keep your finished tool handy as a friendly reminder in those times where you may need it the most.
