

## My Stress Thermometer

This is a tool that can help you think about how stressed, anxious or frustrated you feel. The aim is that you know how you are currently feeling, can describe this and then think of things that will help you calm down and feel better. We ideally want to be in the green zone as this is our happy place. Write down your strategies to take you down to the next level on the scale

Scale	How I am feeling	Strategies to support me
5	<p>I feel really stressed and anxious</p> <p>I feel really angry and unhappy</p> <p>I feel like I am going to explode</p> <p>I feel like I may hurt someone or break something</p>	
4	<p>I feel slightly stressed and anxious</p> <p>I feel like something is bothering me</p> <p>I feel agitated and want to fidget</p> <p>I feel like the smallest thing might make me angry and even more stressed.</p>	
3	<p>I feel okay, some things are annoying me, but I can deal with them.</p> <p>I feel like I can cope and get on with my day.</p> <p>I feel like I could be in a good place if things carry on this way.</p>	
2	<p>I do not feel stressed or anxious and things are going really well today.</p> <p>I feel happy and I am in my good place</p> <p>People are not annoying me today and I am enjoying their company.</p>	
1	<p>I feel tired today and I cannot be bothered with anything or anyone.</p> <p>I feel down and depressed.</p> <p>I feel agitated by things.</p>	

