

## The Brain Dump

Often times we can feel burden with many things. And sometimes we need to dump it. Take a moment to clear some head space and answer these few questions. Then share with your trusted adult.

What stresses you? \_\_\_\_\_

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How do you handle it? \_\_\_\_\_

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Are you able to share this with an adult? Why or why not? \_\_\_\_\_

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What could adults do that would make it easier for you to talk to them? \_\_\_\_\_

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