



STM YOUTH CLAP BACK // REFLECTION

Name:

Please answer with three complete sentences for each question.

Is there anything that Kaitlin shared that helped you to learn new ways to handle stress or anger?

What are some things in your life that are stressful?

How do you think we can handle the stress of our lives without it causing us to be anxious?

Under stressful times do you find that you often go to certain emotional responses? Anger? Sadness?

How can you better lean on God in stressful moments this week?