



Week 9: Accountability Card

This week is about managing the summer stressors. Practice the strategies below to incorporate summer stress management into your daily life.

Name one activity you will make happen this summer to clock-out, take a break, enjoy time and relax.	
Name one time of day you will commit to practicing your deep breathing?	
Name one outdoor activity that you will commit to doing.	
Decide on a place where you will make your list of things that have to get done (examples: on smart phone, computer, in a special notebook).	

Put a check in the boxes for the days when you completed the activity.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Deep Breathing Practice							
Participated in an outdoor activity							