



My MHL Journal Cover



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Cut out the MHL  
characters to decorate  
your journal or make  
DIY stickers (if you  
want).



# I LEARNED, I NOTICED, I WONDERED...

When has stress been helpful in your life? What are your coping strategies to help you face a stressor? How do you know when a stressor is too big to handle alone and you need support?



# I LEARNED, I NOTICED, I WONDERED...

How did each of the characters experience the stress response in their body? How is this similar or different from the ways you experience the stress response?



# I LEARNED, I NOTICED, I WONDERED...

Is it easy to embrace The Big 5? Why or why not? How are you able to include The Big 5 in your life? What ideas for The Big 5 did you learn from the characters in the video?

