Stress Support Sorting

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character feels overloaded before a deadline.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Sort support options into practical help, listening, information, and professional consultation.

3. Which kind of help fits this barrier?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.