# Stress Debrief Without Blame

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 planned coping strategy was unavailable.

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

### 2. Try this task: Review what helped, what did not fit, and what needs changing after a busy week.

### 3. What needs adapting rather than more effort?

### 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.