

# LIGHTEN UP!

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## Purpose

To provide a reminder to let go and lighten up about stress, anger, or frustration.

## Materials Needed

An index card

A pen or crayon

## Activity

On an index card, draw the letter "L" as big as you can make it. Then, either carry the card around with you or put it where you can see it several times a day. It will remind you that your goal is to take yourself less seriously. Remember that the "L" stands for both "LIGHTEN-UP" and "LET GO."

Try this for several days and see what happens. Most importantly, remember to look at it when you are stressed out.

## Thinking About It

1. What happened when you looked at the card during the week?

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