# Directions

Part 1:Use the positive and negative feeling words to complete the first blank in each sentence. Fill in the second blank using the activities you circled on the "Online, Offline" handout.

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| I am most | *happy* | when |  |  | Positive feelings | Negative feelings |
| I feel | *stressed* | when |  |  | happy | stressed |
| I am most |  | when |  |  | engaged | distracted |
| I feel |  | when |  |  | connected | lonely |

Part 2: Reflect

1. Do you feel that you have a good balance between the activities that give you positive and negative feelings? Why, or why not?

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2. What is one step you can take to improve your feeling of balance between the two?

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3. What might be hard about taking that step? What can you do to overcome those challenges?

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