

TANT⁺™ - A Resiliency Tool for Dealing with Stress

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Step 1: In the box on the left, draw a picture or write about when you were safe and having fun sometime in the past.

Step Three: Draw a picture or write about how you handled a stressful situation in a good way

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Step Five: Draw a picture or write about something⁺ you learned from dealing with a stressful situation or something⁺ you would like to learn

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Step Four: Draw yourself or write about a new⁺ way you imagine handling stress in the future

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Step 2: Draw a picture or write about sometime in the future being safe and having fun