**INSPIRATION TUTORIAL –2**

In this activity you are going to brainstorm and identify all those ‘things’ that stresses you out in everyday school life.

Each identified item needs to be followed with a strategy you are going to use, to combat stress this year! Well warned is well armed!!

Open a New Mind Map.



Enter a central idea “ Stress or not to stress”

The *Central Idea* symbol provides a starting point for your work.

Add branch text - Click on the plus symbol to add new nodes/branches

Add subtopics/(sub-factors that stresses you out) using the RapidFire® tool – you know how to do that already!

Also try the SUB-TOPIC TAB and add some sub-topics.

Move topics and branches to a different branch simply by dragging and dropping the nodes (the same for Rearranging topics and branches)

Change the color of branches and text

Visit the FORMATTING TOOL BAR at the bottom of the page and change the color of the nodes

If any of your stress is related – (you know the snow ball effect…)- try the RELATE BUTTON on the Menu Bar

Don’t forget to add visuals/images from the library to express you better!

Try the various options available to export your Mind Map in the FILE MENU.

Export/Transform YOUR Mind Map into the format of your choice.

Save and quit!

Say one more BRAVO and give yourself one more pat on the back!! – another milestone in INSPIRATION!!