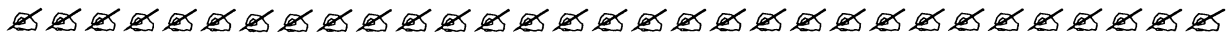


## TOPIC #3: Stress Management

## Student Activity Guide



NAME \_\_\_\_\_ PERIOD \_\_\_\_\_ DATE \_\_\_\_\_ SCORE \_\_\_\_\_

### "WHAT'S MY STRESS LEVEL?"

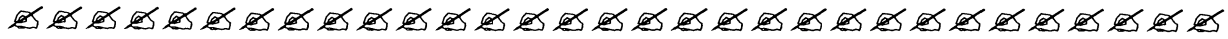
Sometimes stress is a good thing, sometimes it is bad. Below, you will find a list of situations that may cause stress for you. If you have experienced any of the items listed below during the past year, place a check mark next to that item.

- \_\_\_\_\_ 1. Moved to a new school.
- \_\_\_\_\_ 2. Had trouble with the police.
- \_\_\_\_\_ 3. A family member was seriously ill or injured.
- \_\_\_\_\_ 4. Parent or guardian lost or changed his/her job.
- \_\_\_\_\_ 5. Improved your grades.
- \_\_\_\_\_ 6. Got a failing grade.
- \_\_\_\_\_ 7. Had more arguments with your parents.
- \_\_\_\_\_ 8. Had less arguments with your parents.
- \_\_\_\_\_ 9. Parents were divorced or separated.
- \_\_\_\_\_ 10. A close friend or family member died.
- \_\_\_\_\_ 11. Made a new set of friends.
- \_\_\_\_\_ 12. Became involved in an athletic team, dance club, music lessons, gymnastics, etc.
- \_\_\_\_\_ 13. Had a major injury or personal illness.
- \_\_\_\_\_ 14. Got suspended from school.
- \_\_\_\_\_ 15. Had a problem getting along with one or more of your teachers.
- \_\_\_\_\_ 16. Always had to look "just right" before going any place.
- \_\_\_\_\_ 17. Worried a lot about your school work.
- \_\_\_\_\_ 18. Wished you had more friends.

Almost all teens cope with some of the situations listed above. However, if you have checked more than six events, you may have more stress than is healthy for you. If you are feeling depressed, have a low self-concept, steady headaches, or other physical pains, you may want to talk to someone. These symptoms can all be caused by excess stress. A counselor or other adult you trust may be able to help you resolve some of the stress and/or frustration you are feeling.

## TOPIC #3: Stress Management

## Student Activity Guide



NAME \_\_\_\_\_ PERIOD \_\_\_\_\_ DATE \_\_\_\_\_ SCORE \_\_\_\_\_

### POSITIVE STRESS REDUCERS

Directions: Circle the actions or activities listed below that you think would work for you in reducing stress, and add others you think of.

1. Recognize and identify what is causing you stress.
2. Change your daily routine—try something new.
3. Learn and practice relaxation skills.
4. Watch your weight and diet.
5. Exercise regularly.
6. Get enough sleep.
7. Develop more interests, activities, and relationships.
8. Set reasonable personal expectations and goals.
9. Learn to say "NO" (politely) when you don't want to do things.
10. Learn to accept things you can't change or have no control over.
11. Don't blame other people for your problems. Be in control of your own life.
12. Don't procrastinate—do things when they should be done.
13. Do volunteer work.
14. Avoid unnecessary competition—don't always compare yourself to others.
15. Choose friends who enjoy things you enjoy.
16. Look for the humor in stressful situations.
17. Write down the things that frustrate you, then identify ways to reduce the frustration or stress.
18. Talk to someone about your stressors.
19. Pick an activity you enjoy doing, and do it when you feel distressed.
20. Practice relaxation techniques.
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_