

HOW STRESSED ARE YOU / WAYS TO REDUCE STRESS ACTIVITY?

Materials

- How Stressed are You? and Ways to Reduce Stress worksheets
- Stress Ball / Small Paper Bag / Writing Paper

Description

1. Print worksheet with two sides. Make sure the How Stressed Are You? side is facing up.

“Now I want you to think about the top three things you identified that stress you out, and mark the ways on the How Stressed Are You? Worksheet. Things that you feel inside your head or your body when you experience those stressors. You can mark as many items as apply.”

2. Take a few minutes to complete the sheet.

“To learn to deal with the things that stress us out, it is important to figure out ways to reduce stress.”

3. Turn over the sheet. Read these statements aloud. Put a check before each statement listed that you think could help you reduce your stress.
4. Take up your stress ball / paper bag / writing paper

“While there are many techniques, there are two that you can do wherever you are: squeezing a stress ball and learning to do relaxed breathing. Let’s try these techniques right now.”

5. Stand up and think about something that has caused stress for you. Allow your mind to race a bit, in a way simulating the stress. Now squeeze the stress ball until you relax.

: “Now let’s try the second technique.”

6. Close your eyes and think about the same thing or something else that makes you stressed out. Take deep breaths and think about a calming image, maybe the mountains or the ocean or a person you love or whatever calms you down. Think about breathing in positive energy and breathing out negative energy and thoughts.

“Now open your eyes. How did that feel inside you when you tried this relaxed breathing?”

“For the next week, I would like you to try the stress reduction techniques that you marked on the sheet with your friends, with your family, a guardian or an adult that you trust. It can be done virtual.”

HOW STRESSED ARE YOU?



Directions: Look at all the symptoms of stress listed below.

Check ALL the symptoms that you feel or have felt when you are stressed out.

-
- | | |
|---|---|
| <input type="checkbox"/> Angry | <input type="checkbox"/> Sweat often |
| <input type="checkbox"/> Confused | <input type="checkbox"/> Can't sleep |
| <input type="checkbox"/> Unhappy | <input type="checkbox"/> Nightmares |
| <input type="checkbox"/> Restless | <input type="checkbox"/> Severe headaches |
| <input type="checkbox"/> Often tired/sleep a lot | <input type="checkbox"/> Scared easily |
| <input type="checkbox"/> Feel helpless | <input type="checkbox"/> Can't stay still |
| <input type="checkbox"/> Can't eat | <input type="checkbox"/> Back pain |
| <input type="checkbox"/> Overeat | <input type="checkbox"/> Cry |
| <input type="checkbox"/> Smoke | <input type="checkbox"/> Constipated/have diarrhea |
| <input type="checkbox"/> Unable to concentrate | <input type="checkbox"/> Bite nails |
| <input type="checkbox"/> Mood changes | <input type="checkbox"/> Don't care how you look |
| <input type="checkbox"/> Nervous laughter | <input type="checkbox"/> Don't want to be with others |
| <input type="checkbox"/> Use of drugs or alcohol | <input type="checkbox"/> Want to run away |
| <input type="checkbox"/> Always getting hurt | Anything else not listed above? |
| <input type="checkbox"/> Often feel cold or tremble | _____ |
| <input type="checkbox"/> Stomachaches | _____ |
| <input type="checkbox"/> Chest pain | _____ |
| <input type="checkbox"/> Grind teeth | _____ |
| | _____ |

WAYS TO REDUCE STRESS

Directions: Read the following ways to reduce stress. Put a check next to each statement that you think would help you reduce stress.

_____ Eat right. Junk food may taste good, but it's not healthy for you. The weight you gain from junk food is fat, not muscle.

_____ Exercise! Find some sport that is fun for you. When you exercise, "endorphins" are released into the brain, which give you a natural high feeling. Endorphins are the body's natural way of reducing stress.

_____ Get enough sleep. If you are tired, little things may bother you. You will have a more difficult time concentrating and getting things done.

_____ Stress ball. Sometimes squeezing a stress ball can be a simple way to relieve stress!

_____ Laugh. Spend time with people who make you laugh or watch a funny movie. Laughter is one of the best stress relievers.

_____ Get organized. Try keeping your room and locker at school very neat for one week and see how it feels. Being organized may help you be more in control of your life and less stressed.

_____ Talk to people you trust. Don't let stress build up inside you! Find someone you can trust (your parents, a friend, teacher, relative, counselor, etc.) to talk about what is bothering you.

_____ Relax. Take deep breaths and think about calming ideas or images. Practice these breaths every time you experience stress.

_____ Find a hobby or activity. Join a club or group at school or in the community that you would enjoy. Or maybe you would like to start drawing or learning a sport!

_____ Think positive. Hang out with healthy, positive people who will encourage you. Learn to think positively about yourself and others.

_____ Find a peaceful place to go. There may be a room in your home where you can find peace and quiet. If not, consider walking to a park, a stream, a playground, etc. but remember social distancing.

_____ Write in a diary or journal. It is not healthy to let things bottle up inside. Write a letter to yourself or a friend. It can help you deal with your feelings!

_____ Keep your values and goals in mind. Don't let others force their values on you. Learn to say "no" to anything that can harm you or others.

_____ Keep pictures of your favorite places and people in your room. Look at them and think about them when you need to relax and feel better.

_____ Do something for someone else. If you help someone else, it can take your mind off your problems. Consider being a role model for a younger child, etc.

_____ Stretch. Stretch or do exercises like neck rolls, side bends, and leg stretches. Can you think of another way to reduce stress that isn't listed above? Write it here!