STRESS SITUATIONS

Brainstorm your top 10-15 stressors and after each stressor,

come up with a POSITIVE way to reduce it.

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| Stressor | Way to reduce the stressor |
| 1. Bad grades | Do extra credit or catch-up work |
| 1. Procrastination | Do all work immediately |
| 1. Problems with friends | Reassurance |
| 1. Feeling down | Listen to music |
| 1. Family issues | Talk with family |
| 1. Emotional problems | Talk to therapist |
| 1. Not feeling good enough | Work on myself |
| 1. Feeling lonely | Do fun things |
| 1. Hungry | Eat food |
| 1. Late to something | Finding out the real reason I was late |
| 1. Not being able to do something | Learn the skill or learn more about it |
| 1. Feel burnt out | Listen to music |
| 1. Future worries | Focus on the present |
| 1. Missing out | Hang out with family |
| 1. Peer pressure | Listen to music and ignore it |
| 1. Loss of someone | Listen to music and sleep |
| 1. Injury | Watch television or listen to music |
| 1. Anxiety | Listen to music |
| 1. Fear of making mistakes | Don’t overthink and think positively |
| 1. Having too much to learn | Calm down and do one assignment at a time |

**Personal Stress Busters** - Sometimes all we need is a quick fix to prevent a moment of anxiety from turning into a full-blown stress attack. Fill out this sheet with your own personal remedies.

When I am stressed, the best person to talk to who helps me calm me down is

My mom

When I need to unwind, I read my favorite book or magazine:

Two Blue Moons

When I need to laugh, I watch my favorite funny movie:

Cowboy Bebop (show)

When I need to calm down, I close my eyes and picture:

The beautiful sunset

When I need a break, I take a five-minute "vacation" by closing my eyes and imaging myself:

Hanging out on the beach

When I want to feel happy, I think about the time that:

I made others care about themselves and feel genuinely happy.

When I need to relax, I like to

Listen to music.

When I need to be good to myself, I treat myself to

exercise