

# Assess Your Stress

## What to Know

Everyone feels stressed sometimes. There is more than one kind of stress. Sometimes stress can be good for you, like the stress you feel when you're playing a competitive game or performing on stage. Negative stress, like family or health problems, can make you worry or feel threatened. Over time, continuous negative stress can harm your mental and physical health. There are ways to cope with the stress you face in your life.

First, identify the source of your stress - positive and negative. For example, are you having trouble managing your time? Are there situations in your life you feel you can't control? It might be helpful to create a daily plan to identify when to complete tasks. Staying organized can help you manage the other stressors in your life.

Next, evaluate your schedule. Which activities are most important to you? Are there unnecessary activities or responsibilities that you can eliminate? Ask for help from trusted adults or friends when you feel overwhelmed. And finally, everyday make sure to schedule time to relax.

Here is a summary of coping skills to manage your stress:

- Identify the source(s) of your stress.
- Evaluate your schedule and make a realistic plan.
- Ask for help when you feel overwhelmed.
- Schedule time to have fun and relax.

## What to Do

Think about what is going on in your life. What are some examples of both positive and negative stress?

Positive Stress	Negative Stress


What symptoms do you have because of the negative stress in your life? Describe the source of stress (stressor), and write down any physical symptoms (ex., stomachaches, headaches) or mental symptoms (constant worry, anger), you experience.

Stressor	Physical Symptoms	Mental Symptoms

What negative stressor is bothering you the most?

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Can your negative stressors be reduced or eliminated by using coping skills? Why or why not?

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Circle the activities you are willing to try to reduce your stress.

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|-------------------------|-----------------------------|------------------|
| exercise                | reduce social media usage   | avoid caffeine   |
| talk to a trusted adult | manage your time better     | get enough sleep |
| eat healthy foods       | take time to relax everyday | other: _____     |

2. Identify tasks, activities, or situations that are "must do's" vs. "want to's." Circle any that you can eliminate or reduce.

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How do the "must do's" add to your stress? Explain.

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List three people who you can talk to for help when you are stressed or overwhelmed.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Make sure to plan fun and relaxation time every day. Write down three activities that you can do to relax (e.g., reading, listening to music, watching your favorite YouTuber).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What else can help you manage stress?

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