

# STRESS MANAGEMENT

Name:

Date:

Some things that make  
me feel stressed are:

Changes in my body when I feel stressed:

Thoughts I have when I feel stressed:

Things I do when I feel stressed:

When I feel stressed, i can cope by:

☐ Making a list

☐ Taking a break

☐ Deep breathing

☐ Going outside in nature

☐ Writing in a journal

☐

☐ Doing something active

☐

☐ Sharing my feelings

☐