

Activity 23

Managing Stress

Major events can cause negative stress. So can everyday irritations. Stressors are sources of stress in our daily lives. Write your top three stressors, listing them from the most to least stressful. (You may choose from the list or think of others.) For each of the stressors, list a coping skill to help you manage stress. After each skill, write a plan for using that skill the next time you face that stressor.

Common Stressors

- Trouble with a teacher or principal
- Arguing with parents
- Arguing with a brother or sister
- Getting glasses or braces
- Worrying about appearance
- Meeting new people
- Illness of a family member
- Death of a pet
- End of a close friendship

My Top 3 Stressors

1. _____
2. _____
3. _____

Coping Skills for Managing Stress

- Stay healthy
- Be physically active
- Relax
- Manage your time
- Maintain a positive outlook
- Talk

1. Coping skill: _____
Plan: _____
2. Coping skill: _____
Plan: _____
3. Coping skill: _____
Plan: _____