

Student Name: _____

Date: _____

STRESS MANAGEMENT WORKSHEET

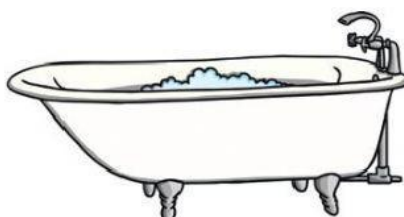
Instruction: Drag and drop the words from the Word Bank to the photo that illustrates some coping strategies that you can use when you get stressed, overwhelmed, upset, angry or disappointed.

think of a happy place hug someone take a bath make some music

sing

outside with nature count backwards from ten

listen to music read a book



Stressors are events, occurrences, situations or activities that causes challenges or places new or different demands on us.

There are two types of stressors:

1. Internal Stressors
2. External Stressors

INSTRUCTIONS: Drag each stressor and place it in the correct column.

Fear of public speaking

Illness or injury

Negative self-talk

Toxic environment

Making difficult decision

Stressed caused by an event or situation that happened to you.

Death or loss of a loved

Stressed caused by your own thoughts, mindset, belief or expectation

INTERNAL STRESSOR	EXTERNAL STRESSOR

Positive & Negative Stress

INSTRUCTIONS: For each scenario, decide whether it is an example of positive stress or negative stress. Then choose either positive stress or negative stress from the drop-down menu.

1. Death of a loved one. _____
2. Your parents are happy and are getting married. _____
3. Injury or loss of a limb. _____
4. Relationship problems _____
5. Planning a vacation _____
6. Uncomfortable living conditions _____
7. Abuse _____
8. Studying for Final Exams _____