

Name \_\_\_\_\_ Stress



# Coping with Stress

Some things that stress me out are:

- 
- 
- 

Changes I experience when I am stressed are:

Changes in my Body

Thoughts I Have

How I Act

Put a check mark next to coping strategies that might help you.

exercise

meditation

journaling

take a walk

dancing

watch comedy

breathing

count to 10

walk away

get mind off it

talk to friend

sleep