

COPING WITH *Stress*



Things that make me feel stressed are...

☐
☐
☐

These changes happen when I feel stressed

Changes in my body

Thoughts I have

Things I do

When I feel stressed, I can cope by

- ☐ Deep breathing
- ☐ Using positive self-talk
- ☐ Meditating or relaxing
- ☐ Sharing my feelings
- ☐ Writing in a journal
- ☐ Doing something active
- ☐ Taking a break

- ☐ Making a list
- ☐ Practicing mindfulness
- ☐ Thinking happy thoughts
- ☐ Doing something I enjoy
- ☐ Going outside in nature
- ☐ Other:
- ☐ Other: