

Managing Stress

Stress is defined as a reaction to any given situation. It can cause excitement and concentration, or it can also cause fear and frustration, depending on how the person reacts to the situation. Stress can be caused by both internal and external factors.

External Factors

- School assignments
- Friendships
- Dating Relationships
- Family
- After-school activities
- Jobs and chores

Internal Factors

- Sleep levels
- Exercise levels
- Diet
- Thought patterns
- Emotional state
- Management of time



Learning habits that help us deal with stress in healthy ways for the long term, is called managing. In the chart below are habits people can build to help manage stress overall.

Place a check in the appropriate row each time you use one of the self-control skills. Chart your progress over the next five days and see how many positive habits you can put into place to manage your own stress!

| Skills | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
|--|-------|-------|-------|-------|-------|
| Identify emotions as they happen | | | | | |
| Talk out problems with someone helpful | | | | | |
| Recognize causes of stress | | | | | |
| Focus on positive outcomes | | | | | |
| Calm down (count to ten, take a deep breath, etc.) | | | | | |
| Accept things that cannot be changed | | | | | |
| Manage time wisely / set priorities | | | | | |
| Other: | | | | | |

One habit I can build to manage my own stress is: _____