

How Stressed Do You Feel?

There are lots of reasons that kids feel stressed-out: homework, problems with friends, a stomach ache, pesky little brothers or sisters, just to name a few. How stressed do you feel today? Circle how you feel in on the **Stress Meter** below. Can you think of three things you can do to feel less stressed? You can use the list at the bottom of the page for ideas. Now try doing one thing that makes you feel less stressed and then circle how you feel. If your Stress Number goes down, do this one thing every day. If your Stress Number stays the same, try something new!

Stress-Meter



Calm
0



Uneasy
1



Worried
2



Tense
3



Upset
4



Uptight
5



Freaked-out
6



Stressed-out
7



Overwhelmed
8

THINGS YOU CAN DO TO RELAX: TAKE 10 SLOW DEEP BREATHS, TAKE A NATURE WALK, DO YOGA, DRAW, LISTEN TO QUIET MUSIC, READ A BOOK, TALK TO A FRIEND, TAKE A WARM BATH, MAKE SOMETHING OUT OF CLAY, STRETCH, IMAGINE YOURSELF ON THE BEACH OR FLYING IN THE SKY, WATCH A FUNNY MOVIE, READ A JOKE BOOK, PLAY A BOARD GAME, TAKE A BIKE RIDE, SWIM, CALL A FRIEND, MAKE A LIST OF THINGS YOU ARE GRATEFUL FOR, COOK SOMETHING NUTRITIOUS . . .

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