

ACTIVITY 3D

BE A STRESS BUSTER

COPING WITH STRESS Handout

Everyone has stress. Sometimes stress can make life interesting and challenging and help us achieve goals. However, too much stress can result in illness. The following list includes different stress reducers. Check the items that best describe you.

- I sleep seven to nine hours at least four nights a week.
- I have at least one family member or friend who I can count on.
- I eat at least one meal a day with my family.
- My family and I give and receive affection regularly.
- I engage in physical activity at least five times per week.
- I make sure to drink plenty of water each day.
- I share my feelings when angry or worried.
- I have regular talks about school, chores, and other issues with my family.
- I regularly participate in school, social, or other activities (going to the movies, visiting friends, playing a sport, 4-H, and so forth.).
- I do something fun at least once a week.
- I always do my homework and/or chores at home first before having fun.
- I eat a well-balanced diet, including appropriate amounts of protein, carbohydrates, fats, vitamins, and minerals.
- I maintain a healthy weight for my height.
- I obtain mental strength from my religious or spiritual beliefs.
- I limit caffeinated beverage intake per day.
- I get enough quiet time for myself during the day.
- I have one or more people to talk to about personal issues.
- I have a plan to deal with the stressors in my life.

_____ TOTAL

Add the number of items you checked. If your score is seven or less, you may need to work on ways to manage stress in your life. Review the items above and identify one or two that you can do.

STRESS BUSTERS

Circle those items that you can do to help lower your stress. Add other ideas you can do to help manage your stress.

Listen to music.	Set goals.	Daydream for 10 minutes.
Do your best.	Perform a physical activity.	Realize that you can and will make mistakes.
Talk to friends.	Laugh.	Listen to others.
Do something fun.	Talk to your family.	Read a good book.
Take a deep, cleansing breath.	Stretch your muscles.	Think positively.
Think and plan ahead.	Organize yourself.	Follow a routine.