Make Up Worksheet -Stress Management

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Absence:\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is stress?

“stress is anything that causes physical and/or mental wear and tear on the body and mind”

Stress is usually related to everyday experiences, worries and challenges at school, home, in the community and within their peer group. A student may experience stress resulting from bullying, name calling, social isolation, not getting what they want, body image, and academic difficulties.

While each student will respond to and resolve stress differently, the impact of ongoing and/or unresolved stress can lead to feelings of anxiety, depression, irritability, poor concentration, aggression, physical illness, fatigue, sleep disturbance and poor coping skills such as tobacco, drug and/or alcohol use.

 Tips to handle stress

 Eat healthy meals with plenty of fruits and vegetables

 Maintain daily routine and schedule

 Exercise regularly

Avoid caffeine (can increase feelings of anxiety and agitation)

Do things you enjoy (for example: art, listening to music, being outdoors, writing poetry, reading, etc.)

Get good amounts of rest and sleep

Avoid alcohol, tobacco and drugs

State feelings in a clear way (for example: “I feel angry when you yell at me.”)

Decrease negative self talk (for example: transform “My grades will never get any

better.” to “I may not be doing well right now, but my grades can improve if I get extra help and I do all my homework.”)

Be with friends who help you cope in a positive way

Practice relaxation techniques (such as: deep breathing, muscle relaxation, meditation)

Talk to caring adults

Humor/laughter

Complete the following deep breathing exercise:

 Sit down comfortably, or lay down on a yoga mat, carpet, or wood floor, depending on your personal preference.

1. Place one of your hands on your stomach, just below your ribcage. Place the second hand over your chest.
2. Breathe in deeply through your nostrils, letting your first hand be pushed out by your stomach. You should find that your chest stays stationary.
3. Breathe out through your lips, pursing them as if you were about to whistle. Gently guide the hand on your stomach inwards, helping to press out the breath.
4. Slowly repeat between 3 and 10 times.

In 2-3 sentences, describe what that experience felt like?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Complete the following deep muscle relaxation

Hold each exercise for 5 seconds and repeat 3x

* To relax your face, knit your eyebrows together and release.
* To relax your neck, tilt your head down towards your neck, and push your chin to your chest, then release.
* To relax your shoulders, make a shrugging motion, then release.
* To relax your arms, push both arms away from your torso, stretch them out, and then relax them by your side.
* To relax your legs, point your toes as far away as they will stretch, and then relax.

In 2-3 sentences, describe what that experience felt like?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

https://adrenalfatiguesolution.com/5-simple-breathing-exercises/