

Stress Management Worksheet

In the homework, you learned about different ways to manage stress. But that knowledge is useless unless you use it! Below are four stress management methods. Try them out now in class and report on what happened. Copy and paste your answers onto the lesson production forum.

Name: Astra

1: Reframing Stress

Think about something that you are stressed about. Write down your answers to these questions:

1. Write down the thing you are stressed about.
2. What is one practical thing you can do to prevent or prepare for it?
3. What is one reason why it's probably not going to be as bad as you fear?
4. What's one reason you know you can handle it?
5. Name one good thing about the situation.

I do not think that I feel stressed or being stressed for now. Unfortunately, I always done everything before I start to play or sleep. Instead, there is a period that I felt stressed, it is when I decided to figure out what Lego set that Im going to buy. It because there is lots of sets that have the same quality, price and it makes me hard to buy. The reason why it is hard is because im scared of buying a wrong with my personality and in a long-term I won't like it anymore. The reason that I think I can handle it is because I can ask my siblings for advices. The unique good thing about this situation is just I buy the Lego set that matched with my personality, long-term future.

How do you feel after writing your answers to these five questions?

A. No change B. A little better C. A lot better

2: Meditation

Think about something you are stressed about. Now pick one of the meditations from this website and go listen to it:

<https://www.uclahealth.org/marc/mindful-meditations>

Which meditation did you choose?

Short body scan

How do you feel after the meditation?

A. No change B. A little better C. A lot better

3: Exercise

Think about something you are stressed about. Now go exercise for 5 minutes. You can do the exercises from our lesson:

<https://www.weeklywisdomblog.com/post/the-seven-habits-of-stress-resistant-people>

What exercises did you do?

Walking

How do you feel after exercising?

A. No change B. A little better C. A lot better

4: Helping Others

Think about something you are stressed about. Now go make someone else happy. You can say a compliment to them, write a thank-you note to them, give them a candy, make some tea for them, whatever you can do to put a smile on their face.

What did you do to help someone?

Teaching

How do you feel after helping them?

A. No change

B. A little better

C. A lot better

Reflection

Which stress management method did you like best? Why?

I don't think about it. If I don't think about it there will be no stress.