



to keep your stress in check: identify your stressors and take action to resolve them; use stress buffers; find healthy ways to decompress

●●● Sprout didn't realize that chugging energy drinks, playing PS4 all night, and procrastinating were all unhealthy ways of dealing with his stress. But with Slim's help, he realized his stressor was his History exam, so he took action to resolve it by studying with his older sister (who aced the same class last year). Next, he used stress buffers by eating a healthy dinner (no more Monster!) and after a little more studying, got 10 hours of sleep. Lastly, Sprout decompressed by going for a morning swim before school. Now it's your turn to show what you've learned about stress in the questions below.

username:

1. Explain how stress can be either healthy or unhealthy. Use the words chronic stress and everyday stress in your answer.

Handwriting lines for question 1

2. Describe a time you dealt with stress in an unhealthy way. Using what you've learned, explain what you would do differently next time. Use the words stressor, stress buffer, and decompress in your answer.

Handwriting lines for question 2

3. Explain what you can do when your stressor is out of your control and you can't find a way to resolve it.

Handwriting lines for question 3



I scored a solid B on my exam, and couldn't have done it without Slim, so we're celebrating with an all-night PS4 session complete with Monster...psych! Tonight it's just fro-yo, Red Box, and early to bed. I gotta catch up on my zzzz's!

keeping your stress in check

QIT 25.5

to keep your stress in check:

identify your **stressors** and take action to resolve them; use **stress buffers**; find healthy ways to **decompress**

f2f & online

●●● Use what you've learned about **keeping your stress in check** to complete as many of the real-life challenges below as you can. If a challenge does not apply to you, jot down why you couldn't complete it and move on. Check off the challenges you complete, write in your answers, and keep it real by being honest. You've got this.

username:

✓ Identify your stressors and take action to resolve them

- 1. Identify a stressor you faced at home this week, and list it below.
- 2. Identify a stressor you faced at school this week, and list it below.
- 3. Identify a stressor you faced in a relationship this week, and list it below.
- 4. Ask a trusted person for advice or help with resolving your stressor.
List your stressor:
List the advice or help you received:
- 5. Make a list of possible solutions to resolve your stressor. (Attach your list or write it on the back of this paper).
- 6. Try at least one solution from your list to resolve your stressor.
- 7. If your solution doesn't work, try another one until you find a solution that resolves your stressor. If your stressor is out of your control or can not be resolved, try to let it go and move on.

✓ Use stress buffers like a healthy diet, exercise, and sleep

- 8. Improve your diet and nutrition choices. List at least two ways you improved your diet this week below.
- 9. Get 9-10 hours of sleep on at least four nights out of the week.
- 10. Exercise at least three days out of the week, and list the type of exercise you did below.

✓ Decompress in healthy ways

- 11. Decompress in two different ways this week, and list them below.