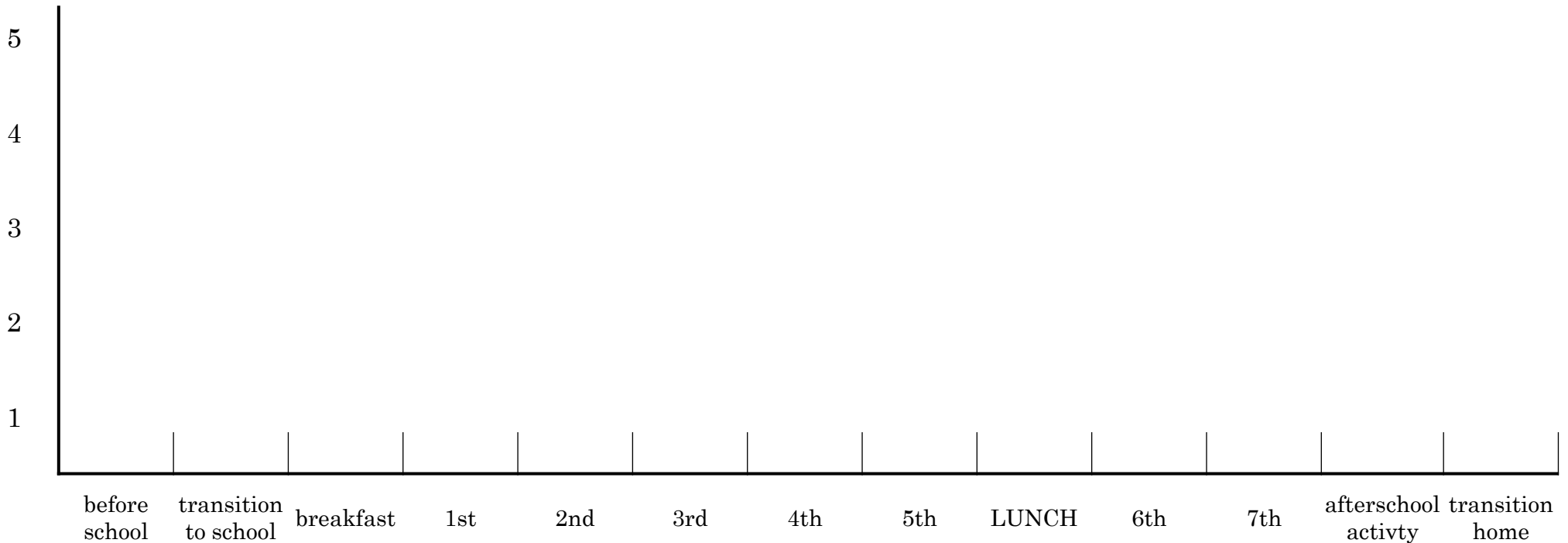


Stress Triggers – Map your Day



- 5= I Need some HELP!!!! - Angry/Panic
- 4= I'm REALLY stressed.... Overwhelmed
- 3= Little Stress.... Frustrated
- 2= Trying to stay Focused Anxious
- 1= Feeling GREAT.... Happy

Directions: For each daily activity, plot the stress meter number that correlates to the activity. Use the map to identify triggers in your day that are causing stress. Explore stress relief tips you can use to decrease stress in your life.



MY ANXIETY TRIGGERS

0	1	2	3	4	5	6	7	8	9	10
CALM	A LITTLE ANXIOUS			ANXIOUS			EXTREMELY ANXIOUS!			

READ EACH OF THE ITEMS AND RANK FROM 1-10 HOW ANXIOUS EACH TRIGGER MAKES YOU!

_____ Conflict or drama in my family, friendships, or relationships

_____ Being in a large crowd of people

_____ Meeting someone new or going to someplace I haven't been before

_____ Having to confront or approach someone

_____ Trying to make other people happy

_____ Having too much to get done

_____ Making plans with other people

_____ Being away from my parent/guardian or family members

_____ Performing or presenting in front of others

_____ Any kind of sudden change

_____ Having too much time to think

_____ Not knowing what will happen in the future

_____ Grades or stress from schoolwork

_____ Being away from home/family/loved ones

_____ When I or my loved ones travel

_____ Going anywhere or doing certain things by myself

_____ Loud noises or raised voices

_____ Being around certain people

_____ Being in tight spaces or being in wide open spaces

_____ Negative thinking

_____ Getting criticized for something I did wrong

_____ Having conversations

_____ Being unprepared



**WHAT ARE SOME
OTHER THINGS
THAT MIGHT
TRIGGER YOUR
ANXIETY?**





STRESSED OUT



STRESS IS A NORMAL PART OF LIFE. IT HAPPENS WHEN WE ARE FEELING OVERWHELMED OR ARE FACING SOMETHING CHALLENGING. IT IS IMPORTANT TO LEARN HOW TO COPE WITH STRESS IN A HEALTHY WAY. IF YOU'RE FEELING STRESSED OUT, READ THIS HANDOUT FOR TIPS ON HOW TO COPE!

MAKE A PLAN!

Write down all the things that are currently making you feel stressed. Next, write down the things that you can do so that these things are no longer stressors for you. Finally, make a plan of action! Decide when you will be able to get these tasks done and check them off as you go.

BE POSITIVE!

When you're feeling stressed out, it can be easy to focus on all the negative things going on. Staying positive will keep you motivated to cope with the stress. Use positive self-talk to remind yourself that you have all the qualities needed to get through the stressful situation.



DO SOMETHING FUN!

Take a break from stressing and do something fun that makes you happy! Hang out with friends, play a game, or go outside. Doing fun things can take your mind off your stressors for a little bit. Being in a better mood makes it easier to cope with stress!

LEARN TO RELAX!

It can be hard to relax when you're feeling stressed out, but learning to relax helps you stay calm and focused. Doing deep breathing, meditating, or practicing yoga are helpful ways of relaxing your mind and body!

TALK TO SOMEONE!

Sometimes it can be helpful just to talk about the stress that you are experiencing. This can be a friend, family member, or a trusted adult. Since stress is something that everyone experiences, they might be able to give you helpful tips about how they cope.

BE HEALTHY!

Make sure that you are taking care of your body! Eat healthy meals throughout the day and be sure to get enough rest and sleep. Be active and exercise! Doing these things will help your body stay healthy through the stressors that you face.

