

Student Strategy: Stress Management Plan

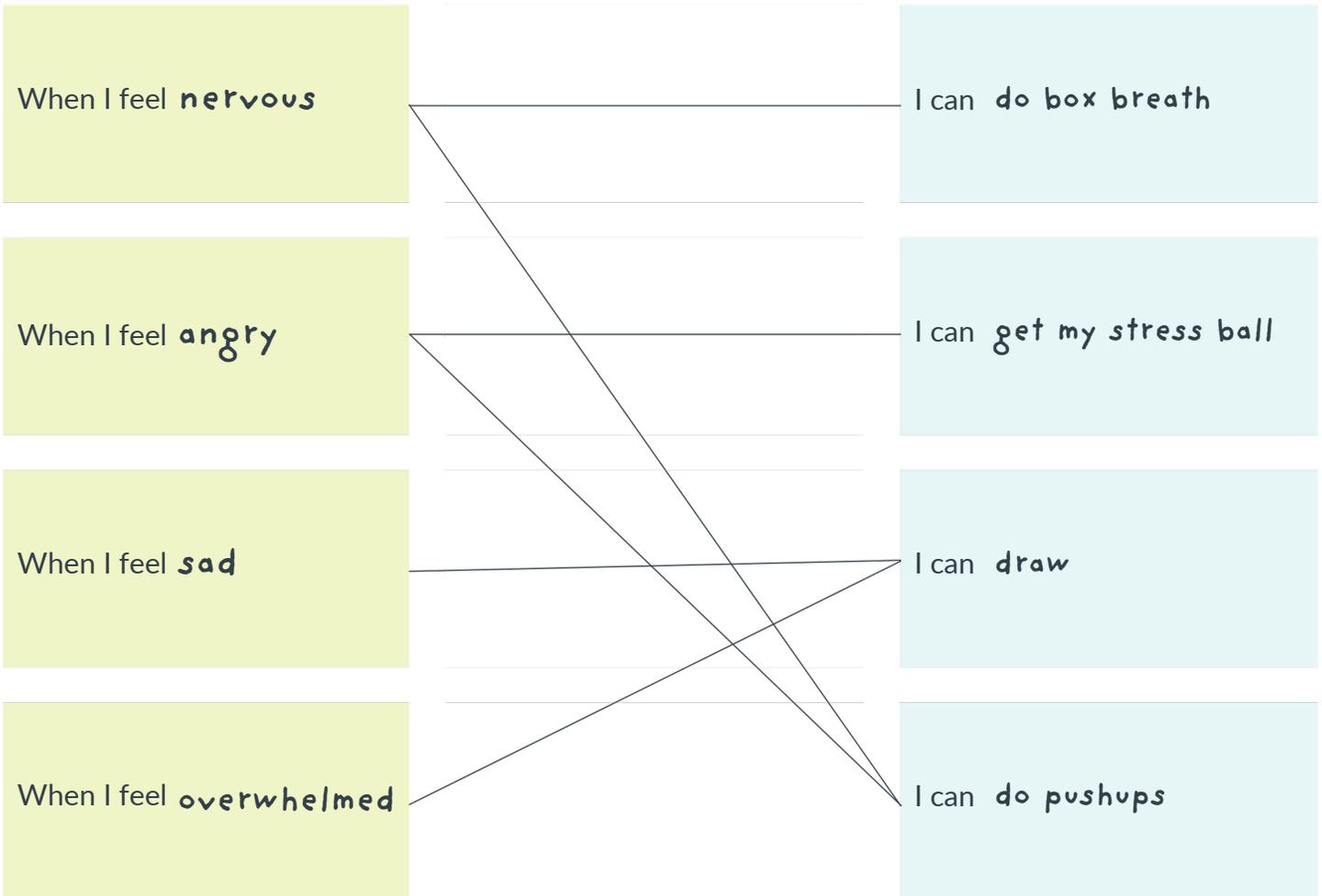
PURPOSE

It is important to have strategies to use to manage stress and difficult feelings in different settings, like at school, at home, and during other activities.

DIRECTIONS:

1. Complete the boxes below by listing some of the strong feelings you experience and some of the strategies you use to manage strong feelings.
2. Match the situations with strategies.
3. Finally, list some people that you can rely on when you're stressed.

Sample plan:



If I have strong feelings and do not know what to do, I know I can get support from:



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When I feel _____ ,

I can _____ .

When I feel _____ ,

I can _____ .

When I feel _____ ,

I can _____ .

When I feel _____ ,

I can _____ .

When I feel _____ ,

I can _____ .

If I have strong feelings and do not know what to do, I know I can get support from:

