

Name: _____

Read the strategies for managing stress. Put a check mark beside the strategies you have used.

- _____ Do some deep breathing or try another relaxation exercise.
- _____ Talk to a friend or trusted adult or write in a journal to express your thoughts and feelings and help you “get things off your chest.”
- _____ Do something you enjoy.
- _____ Do something that is a normal part of your routine, such as taking out the garbage or straightening up your room.
- _____ Take a warm, soothing bath or shower to relax.
- _____ Listen to your favourite music, play an instrument, sing, or dance.
- _____ Watch a funny video or trade jokes with a friend.
- _____ Get some exercise, such as walking, swimming, or playing catch.
- _____ Look after some small tasks that are on your “to do” list.
- _____ Think positive thoughts. Consider difficult situations as opportunities to learn and grow.
- _____ Make sure you are getting enough sleep during times of stress.
- _____ Play with a pet if you have one—or play with a friend’s pet.

Based on SAMHSA, “Dealing with the Effects of Trauma: A Self-Help Guide.” pp. 5–6

List any other strategies you find helpful for managing stress.
