


## Worksheet – Activity 7 – Managing stress

### Step 2: Understanding coping strategies

Healthy coping checklist	
What Healthy Coping Strategies have you used in the last month?	
<b>Coping Strategies</b> 	<b>I have used this coping strategy in the last month (tick)</b>
I talked to someone I trust about something that was/is bothering me.	
I called/video chatted/spent time with a friend.	
I challenged negative thoughts by asking myself if they're true or if there's another way to see the situation.	
I started working on a homework assignment or chore right away instead of putting it off.	
I listened to my favourite music/podcast to shift my mood.	
I took part in a group activity/ spent time with people I care about / spent time with family.	
I created a to-do list/planned my day/made a schedule to help me manage my time.	
I spent a moment focusing on my senses and grounding myself in the present moment.	
I moved my body (e.g., dancing, jogging, yoga, exercise, sport).	
I spent time outside or in nature (e.g., went outside for lunch time).	
I brainstormed ways to solve a problem.	
I said/thought something nice/encouraging to/about myself to boost my confidence.	
I tried journalling or drawing how I felt.	
I practiced gratitude/ thought about things I am thankful for.	
I made time to rest/I got a good night's sleep.	
I watched a funny video or movie to lift my spirits and distract myself.	
I tidied/organised the space around me.	
I set realistic expectations for myself and a situation.	
I asked for advice/input from a trusted adult.	
<b>What coping strategies did your group suggest? Write/Draw these below to try later:</b> <i>The coping strategies that I will try are...</i>	



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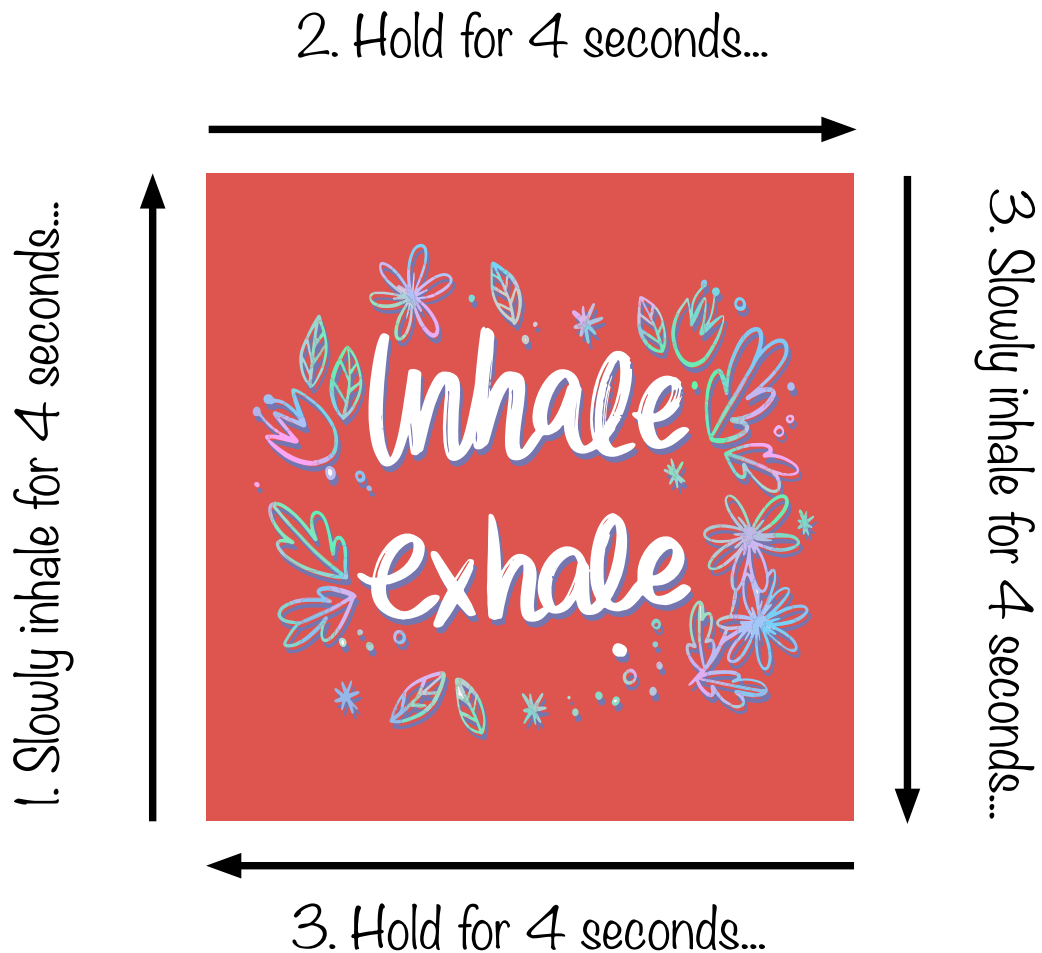
### Step 1: Grounding exercise

Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### Square Breathing Technique

##### Instructions:

Trace the edges of the square as you breathe. You can go at your own pace. Slowly inhale for 4 seconds, hold your breath for 4 seconds, slowly exhale for 4 seconds, hold for four seconds, repeat.



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*Step 1: Identifying positive, tolerable & toxic stress  
(Alternative exercise)*



### **Instructions:**

**“If there’s anything stuck on your mind today, use this space to let it go.”**

*You can write/draw/doodle for a few minutes, or just reflect if you do not want to write anything down.*



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### Step 2: Understanding coping strategies

Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### Instructions:

Your teacher will play a video for you.

#### A) What are two things you learned from the video?

Write/Draw in the spaces below:

1. I learned...

2. I learned...

#### B) The Stress Bucket



#### What taps do you use to reduce your stress?

Write/Draw in the space below:

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### Step 3: Applying coping strategies to manage stress

Name: \_\_\_\_\_ Date: \_\_\_\_\_

#### Instructions:

Your teacher will ask you to read and discuss one of the scenarios below.

- **What could the person in the scenario do to cope with the situation to:**
  - » A) Seek social support
  - » B) Manage their emotions
  - » C) Reframe their thoughts
  - » D) Do something practical.

Scenarios	
1.	John feels stressed out because he's caught in the middle of an argument between two friends. He worries about losing his friends or making the situation worse by taking sides.
2.	Elena has an important assessment due in two weeks, but she finds herself constantly delaying starting on it. She spends hours scrolling through TikTok and chatting with friends. She begins to panic about not having enough time to prepare.
3.	Ró feels anxious in social situations. Ró is meeting a new friend after school, and she is worried about saying or doing something embarrassing.
4.	Ahmed has a big test coming up, and he's feeling anxious about it. He's worried about forgetting what he's studied or not doing well, even though he's prepared.
5.	Maya has a big sports game coming up, and she's feeling anxious about performing well. She worries about letting her team down and not meeting expectations.

**Our Scenario:** 1, 2, 3, 4 or 5? \_\_\_\_\_

Brainstorming a Healthy Coping Action	
A)	What could the person in the scenario do to cope with the situation to seek social support?
B)	What could the person in the scenario do to cope with the situation to manage their emotions?
C)	What could the person in the scenario do to cope with the situation to reframe their thoughts?
D)	What is something practical the person in the scenario could do?