



Name _____

Stress Checklist 1

When I'm stressed

☐

I get a headache

☐

my heart pounds

☐

I have trouble breathing

☐

I sweat a lot

☐☐

PREVIEW

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What is causing the stress?



1 not stressed

On a scale of 1 - 5 how stressed are you?



5 very stressed

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Name _____

Stress Checklist 2

Try the things on the checklist when you're upset and write if it helped or not.

I'm stressed and tried

☐

taking deep breaths

☐

taking a break

☐

talking to someone

☐

being active

☐☐☐

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The most helpful was

These were not helpful

