Name: ____________________________________________________________

Too much homework. A fight with a friend. Trying to get good grades. These are all demands that can cause stress in teenagers’ lives. But what causes stress in adults’ lives? Find out by asking an adult in your life about a situation that causes him or her stress. Now see if you can help! Let an adult answer the following questions. He or she may need some help thinking of the answers. Just thinking about these questions is doing something positive, so you’re well on your way to helping him or her cope with stress!

What’s the stressful situation? ________________________________________

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

What positive self-talk can you say to yourself to change the way you think about the situation? (Note to student: You may need to explain positive self-talk to the adult.)

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

What are some things you can do to calm down? List all the things you can think of.

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Where can you get support?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

What action can you take to change this stressful situation?

____________________________________________________________________

____________________________________________________________________

____________________________________________________________________

Remember to Cope!

• Coping: doing something positive to feel better, or situation changed.

• Avoiding: situation unchanged and makes you feel worse.

This homework assignment was completed on __________________________.

(date)       [adult] signature