



Erika's Lighthouse

Managing Stress Worksheet

It is important to know how you react to stressful situations in your life.

Answer the questions and use it as a guide to help you manage stress in the future.

What are three strengths of yours?

Examples: having a sense of humor, being a good friend to others, being a good listener, not losing your temper easily.

What are three challenges that you face or things about you that you would like to work on?

Examples: procrastinating, having a bad temper, having a hard time talking to others when you are feeling down.

When you get stressed, how do you cope?

Positive examples: talking to a trusted friend or adult, listening to music, meditating, reading a book, journaling, talking with friends.

Negative examples: using alcohol or drugs, fighting with your family, bullying someone, procrastinating, not doing your homework.

What are some positive coping mechanisms you don't currently use that you could use when you are stressed?

One of the best ways to cope during stressful times is having someone to talk to. Who are you able to talk to when you are feeling stressed?

This could be someone from school, in your family, in your community or at your place of worship.

If you need to speak with someone immediately, please text or call 988.
If this is an emergency, please call 911.