

# STRESS MANAGEMENT Handout 1



## Recognizing Stressors

Before you can manage stress, you will need to recognize the signs that you are experiencing stress in school. If you are aware of these signs, you can take actions to reduce the pressures that can impact your academic success. Check any signs of stress that you have experienced.

**AWARNESS IS THE KEY TO MANAGING STRESS**

### Related to academics, High School students stress about:

- Increasing amounts of schoolwork
- Assignment deadlines
- Quizzes and exams
- Class presentations (public speaking)
- Honors and IB classes
- High-stakes tests (i.e. Regents, SAT)
- Getting into college
- Selecting a career path
- Balancing school with sports, hobbies and social life
- Expectations of parents and teachers
- Competing with siblings
- Fear of failure
- “Information Age”: Academic stress is on the rise partly because the information age now provides students with a vast amount of information at their fingertips and because students are expected to synthesize such information at a more accelerated rate than when their parents attended school.

**Tell yourself: When I am aware of my actions, I can take control of myself before things get out of hand.**

### **How do I know if I’m stressed out?**

- I hurt others with my words or actions.
- I reach out to things that seem to make the pain go away but in the end I’m left with the pain and the problem.
- I just can’t stop crying; everything hurts my feelings.
- I don’t know why I’m tired all the time.
- I’m a perfectionist, nothing is good enough; it’s got to be perfect!

# STRESS MANAGEMENT Handout 2

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- anger*
- anxiety*
- changes in eating*
- difficulty sleeping*
- feeling powerless*
- feeling uptight*
- forgetfulness*
- headaches*
- hopelessness*
- irritability*
- lack of energy*
- new or increased use of tobacco,  
alcohol or other drugs*
- poor concentration*
- sadness*
- upset stomach*
- worrying too much*