

Name
Date
Period
Class

Example: What Helps Us De-stress?

In this worksheet, you will write about the activities, events, etc. that causes you to feel stressed and explain why they do. You will also write about the kinds of activities that help you de-stress, or relax. Explain how or why those activities help you to de-stress. Once finished, turn this worksheet into google classroom under "What De-stresses us? worksheet" in the classwork page. Make sure you add as much detail as possible as it will help you for the activity in the next class session.

1. Write 3-4 sentences for both question A and B below:

A. What causes you stress? Why does that cause you stress?

I become stressed when I have too many assignments to complete within the same deadline week. I become stressed when this happens because I find it difficult to time manage effectively when I have to squeeze in several assignments in so few hours. It overwhelms me when it feels like I have to prioritize one assignment over the other when I want to do well in all of my classes.

B. When you become stressed, what kinds of activities do you participate in to help you relax or become less stressed?

When I become stressed about having to time manage completing homework and turning in assignments by certain deadlines, I decide to turn on some meditation videos and practice mindful breathing exercises to help calm my nerves. By doing this, I am able to collect my thoughts and think more clearly about my next plans of action. I also write down all my assignments and their due dates on a piece of paper, which I can then use to help me plan days and times where I am able to complete those assignments. Organizing my calendar helps me de-stress and feel like I have total control of my own success.

2. Write 3-4 sentences for both questions A and B below:

A. What causes you stress? Why does that cause you stress?

I become stressed when I have to travel long distances. I usually travel long distances when visiting my family that lives five hours away from San Jose. Traveling causes me stress because I have to constantly be alert of my stops (since I travel by train) to ensure I make it to the correct destination.

B. When you become stressed, what kinds of activities do you participate in to help you relax or become less stressed?

In order to help me relax as I travel, I listen to upbeat music. I noticed I become less anxious if I am able to distract myself a bit with music that puts me in a good mood. I also play ASMR videos to lessen my nerves as the quiet sounds provide me with a sense of relaxation.

3. Write 3-4 sentences for both question A and B below:

A. What causes you stress? Why does that cause you stress?

I also become highly stressed when I am accidentally running late to an appointment or important meeting, particularly when it happens at a place I am visiting for the first time/with a person I am meeting for the first time. This causes me stress because showing up late can often cause a bad first impression of yourself to others. It is very difficult to reverse someone's first impression of you, especially if it was not a good one.

B. When you become stressed, what kinds of activities do you participate in to help you relax or become less stressed?

When I become stressed about running late or potentially arriving late to a location, I tend to eat sweets in order to ease my stress levels. Eating comfort, sugary foods often helps relieve my stress because I get to indulge in foods I otherwise would avoid in order to keep an eye on my health. I also believe I become de-stressed when eating desserts because it takes my mind off of the things that stress me out, I am too preoccupied with finishing my food.