

Assess Your Stress

Stress can feel like one large overwhelming force but understanding what specifically is causing us stress at a particular point in time makes it easier to manage. Use this *Assess Your Stress* tool with your family or other young people you care about. Each person can assess various areas of their life and consider where they fall on the “stress continuum”—do they reduce your stress or produce your stress?

*On each continuum, draw an **X** showing your current stress reality.*



STRESS REDUCER

STRESS PRODUCER

Where are your **FRIENDS** on this continuum?



Where are your **ACADEMICS** on this continuum?



Where are your **SPORTS/FITNESS/HEALTH** on this continuum?



Where are your **EXTRACURRICULARS/CLUBS** on this continuum?



Where is your **WORK** on this continuum?



Where is your **SOCIAL MEDIA** on this continuum?



Where is your **FAMILY** on this continuum?



What can you **do today** to reduce your stress?

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