



## ASSESS YOUR STRESS

Stress can feel like one big, overwhelming force. But when you figure out what's really causing it, it becomes easier to manage. Use this tool with your family or with young people you care about. Look at each area of your life and decide where it falls on the stress continuum — **does it reduce your stress or produce your stress?**

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



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



Where is your **SCHOOL WORK** 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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