



BOYS & GIRLS CLUBS
OF CENTRAL FLORIDA

TEEN ACTIVITY

Managing Stress

Kelly McGonigal explained to us the importance of changing your mindset towards stress to improve how you respond to it! From this video and experiences in your life, think about what you're going to do the next time you are stressed. A few things you can consider are:

- Taking deep breaths
- Changing how you think about stress (like Kelly McGonigal talked about)
- Reaching out to others
- Engaging in a relaxing activity like coloring

What are three steps you are going to take next time you're stressed? You can choose to engage in activities listed above or think about what's good for you! Write down 3-5 things below:

- 1.
- 2.
- 3.
- 4.
- 5.

Keep yourself accountable! The next three times you are stressed, write down if you engaged in the activities you wrote down above, and whether they helped. Is there something different you're going to try next time? Scroll down to find a template for how to keep track of this!



Stress Journal #1

Why are you stressed?

What did you do to cope with your stress?

What was effective? What was not?

What are you going to do differently next time?

Stress Journal #2

Why are you stressed?

What did you do to cope with your stress?

What was effective? What was not?

What are you going to do differently next time?

Stress Journal #3

Why are you stressed?

What did you do to cope with your stress?

What was effective? What was not?

What are you going to do differently next time?