

STRESS CHECKLIST

On the list below, circle those things that make you feel stress.

- *Fear of dying
- *I worry about the world situation and possible war.
- *Fear of getting hurt by others
- *Too much responsibility
- *Fear of failing
- *School
- *Neighborhood
- *New friends
- *Jealous of brothers and sisters
- *Conditions at home (too dirty, messy, too hot, too cold, poor...)
- *Not enough food
- *Worrying about someone at home
- *Parents separated or divorced
- *Parent has boyfriend or girlfriend around whom I don't like.
- *I'm picked on because of wearing glasses, my name, physical appearance, my clothing, a handicap or others.
- *I wait until the last minute to study for a test or do my homework.
- *Decisions are hard for me.
- *Fear of speaking in front of a group
- *Teachers or students think I am "bad" or "stupid" and they act according to that label and not to how I really am.
- *Too many chores or responsibilities at home
- *Too many decisions at home
- *I am not maturing physically at the speed I would like.
- *I am impatient and can't wait for my turn.
- *I am not popular.
- *I get nervous with members of the opposite sex.
- *I get nervous when I try out for things (clubs, teams, etc.).
- *Someone I care about is in trouble with the law.
- *I am not healthy.
- *There is a new child in my family.
- *A friend recently moved away.
- *Attending church
- *I spend much more or less time at recreation lately.
- *I get embarrassed easily.
- *I don't fit in.
- *I don't like the way I look.
- I have a drinking or drug problem.
- *Friends put pressure on me to do things I don't want to do.
- *I have a new step-parent.

OTHER STRESS: (Write these below)

STRESS CHECKLIST, CONTINUED

Can You Control It?

You have the ability to control some stress, but not all of it. After each stressor you circled, place one of the following letters:

C- You can control

M-You may be able to control

CC-You cannot control

Remember to:

- ◆ Act on those stresses that you can control.
- ◆ Consider what you can do with those that you may be able to control.
- ◆ Let go of those that you cannot control.

Twelve Ways to Deal with Stress

1. Exercise daily (15 to 20 minutes).
2. Learn to relax. Practice daily in a peaceful, quiet setting. Let go of the negatives. Develop visual imagery.
3. Talk it over. Share your problems with a friend, a relative, or a mental health professional.
4. Stroke and talk to animals. Studies show blood pressure goes down. Even watching tropical fish has a soothing effect!
5. Set life goals. Are you living in the fast lane? Find out what is really important to you, then weed out frantic activities which don't really further your own values and goals.
6. Expect to be successful and move confidently toward a win. When you catch yourself worrying, ask, "Does worrying further my goals?" Give yourself permission to be free of worry. Talk to yourself about success! Be generous in self-praise. (Begin to notice how you talk about yourself in conversations.) Refuse to think about what you cannot change or about things in the past which you cannot change! Remember, humans do not have rewind buttons!
7. Plan your time. Be realistic - don't try to do too much.
8. Take a break. Occasionally change the pace (for no reason, just to do something different).
9. Interact with other people in a positive way. Talking, joking, touching and hugging all ease the tension and dispel feelings of loneliness. Laughter is often the best medicine.
10. Avoid too many big changes at one time.
11. Get plenty of sleep.
12. Eat right (good fuel keeps the car running smoothly!).