

GRADUATING TO ADULT CARE

COPING WITH STRESS

Name: _____

Date: _____



Stress is part of being human. We all have it, and some stress is good. It motivates us and helps us to get things done. But sometimes when we get really stressed, it can have a negative impact on us physically and emotionally.

WHAT DO YOU NOTICE WHEN YOU ARE REALLY STRESSED?

I know I'm stress out when:

HOW DO YOU LIKE TO RELAX?

Activites that help me relax are:



Spending time with family

Watching TV

Other: _____

Spending time with friends

Reading

Other: _____

Playing sports or exercising

Taking a bath or shower

Other: _____

Listening to music

Going for a walk

Other: _____

Other: _____