



HOMEPLAY: Stress and Your Body

This lesson will help you think about where you feel stress in your body. You will also plan what stress reducing tips you will use so that stress doesn't affect your daily activities or prevent you from performing at your best.

How does stress feel to you?

Put a checkmark by the words that describe how you feel when you are nervous or anxious:

- | | |
|--|--|
| <input type="checkbox"/> I can't concentrate | <input type="checkbox"/> I feel tired |
| <input type="checkbox"/> I get angry | <input type="checkbox"/> I don't want to do anything |

When do you feel stress?

Can you think of a time when you have felt stress in the past week?

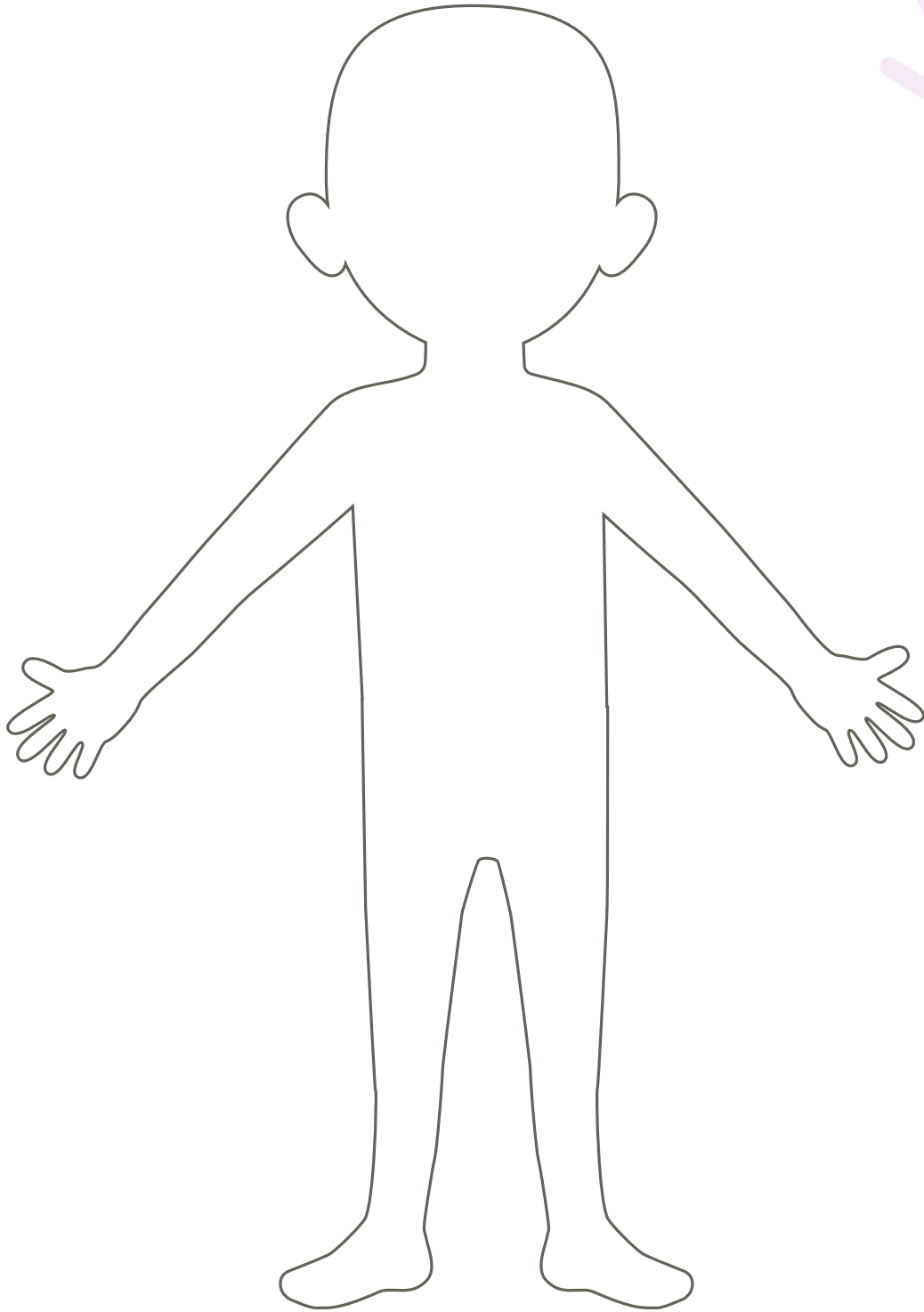
What did you do?

What specific parts of your body do you feel stress in?

Use the outline of the human body on the next page to draw what you are feeling. Some ideas:

- Butterflies in your stomach
- Squiggly lines in your head for racing thoughts or headaches
- Color in where you feel tight muscles
- Circle your teeth if you grind them
- Draw a line on areas of your skin that get irritated

WHAT STRESS LOOKS LIKE IN MY BODY



What will you do the next time you feel stress?

Place a checkmark beside the ones you will use or add your own:

- Ask for support/support a teammate
- Squeeze a stress ball or your fist
- Stretch
- Breathe
- Think, say, or write a positive message
- Other idea: _____
- Other idea: _____
- Other idea: _____
- Other idea: _____
- Other idea: _____

After you try an activity above, discuss with a caregiver or friend.

- Did you feel the same, better, or worse? _____
- Did it help your body feel less stress in the areas you circled?

- Would you try this activity again? _____
- Or is there a different activity you would like to try next time you feel stress?

Repeat

Try these steps throughout the week to help you learn what works for your body to manage stress.



MAKE IT A HABIT

My Stress Management Plan:

When I feel stress in my body, I will:

(examples: support, squeeze, stretch, breathe, positive message, etc.)

**If this habit is important to you, be sure to add it to your Habit Tracker!
This will help you schedule it into your week.**