

COSTESTS NTS

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WHAT IS STRESS?

Stress is part of life, we all experience it, and some of us have more than others. We all manage it differently.

Too much stress can affect your mood, your relationships, and your school performance. It is important to identify signs of stress, how it affects you, and what you can do about it.

Color the boxes to show all the ways that stress has affected you..

PROBLEMS AT SCHOOL

MY MOOD

PROBLEMS WITH FRIENDS

MY GRADES

PROBLEMS AT HOME

MY HEALTH

WHAT DO I KNOW ABOUT STRESS?

READ THE 3 STATEMENTS ON EACH NOTE. 2 STATEMENTS ON EACH NOTE ARE LIES AND ONE IS TRUTHFUL. CHECK THE BOXES FOR THE TRUTHFUL STATEMENTS.



- ☐ Stress is good for the body.
- ☐ Stress and Anxiety are the same thing.
- ☐ Being irritable can be a sign of stress.



- ☐ Males are more likely to feel stress than females...
- ☐ Regular exercise can help reduce stress.
- ☐ We cannot learn to reduce our stress.



- Losing weight can be a symptom of stress.
- Anxiety disorders are the least common mental health disease in the US.
- Drinking too much coffee can make you stressed.



- ☐ Talking to someone who cares can help our stress levels.
- Nothing bad can happen to me from too much stress.
- All stress is bad.

@Carol Miller

WHAT DO I KNOW ABOUT STRESS? Answers

READ THE 3 STATEMENTS ON EACH NOTE. 2 STATEMENTS ON EACH NOTE ARE LIES AND ONE IS TRUTHFUL. CHECK THE BOXES FOR THE TRUTHFUL STATEMENTS.



- Stress is good for the body.
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Talking to someone who cares can help our stress levels.

- Nothing bad can happen to me from too much stress.
- All stress is bad.

@(a ...) ha: 00a...

HOW ARE YOU FEELING TODAY?



Angry



Bored



Happy



Sad



Silly



Nervous



Disappointed



Calm



Confused



Curious



Disgusted



Proud



Annoyed



Distracted



Stressed



Excited



Grumpy



Out of Control



Jealous



Lonely



Focused



Overwhelmed



Loved



Scared



Tired



Shy



Worried

@Carol Mille





Sick @Carol Miller 2019



Embarrassed



Surprised

STRESS SURVEY

Read each Statement then Put an **X** if you agree or disagree if that statement is true for you.

STATEMENT	AGREE	DISAGREE
like to have the approval of others		
I hate to fail at anything		
I have some fears that really bother me		
I want everyone to like me		
I get upset when I get a bad grade		
have a lot of responsibilities at home		
I worry about my family		
My friends often pressure me into things l feel uncomfortable doing		
I do not like the way I look		
l feel I don't fit in		
My relationship with my friends is often rocky		
I fight often with my siblings/family members		
lam anxious about the future		
TOTAL OF EACH COLUMN		

If you have more checks in the agree column than the disagree column you carry a lot of stress.

STRESS SURVEY LOOKING AT YOUR RESULTS!

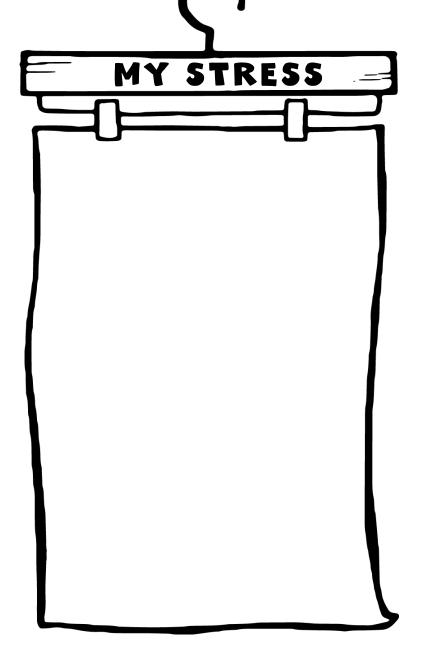
Look back at your Stress Survey results and answer the following questions.

answer the tollowing questions.
Were you surprised by your stress survey results?:
If the results said that you carry a lot of stress, did you think you were stressed before seeing the results?
What do you think most people feel stressed about?
How can you use what you learned today in the future to help with your stress?

WHAT STRESSES ME OUT?

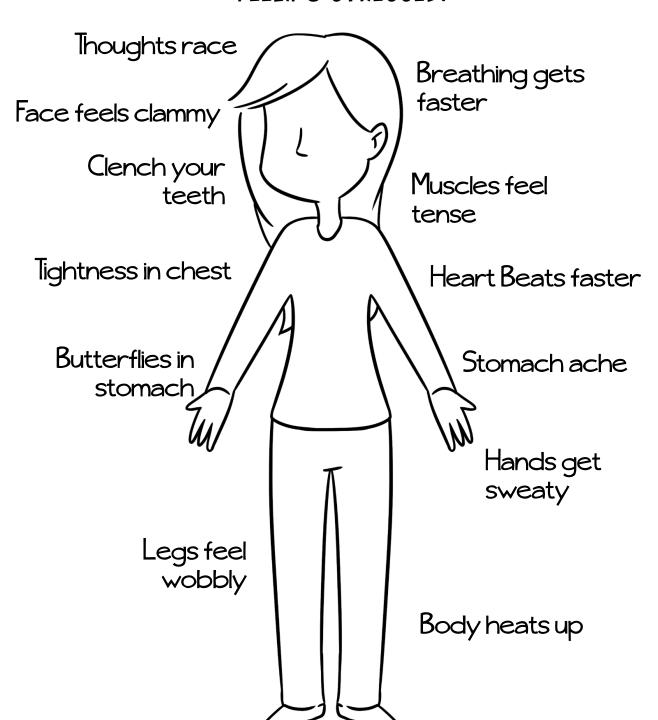


WHAT CAUSES YOU STRESS?
MAKE A LIST BELOW.



WHAT HAPPENS WHEN I'M STRESSED Physical Symptoms

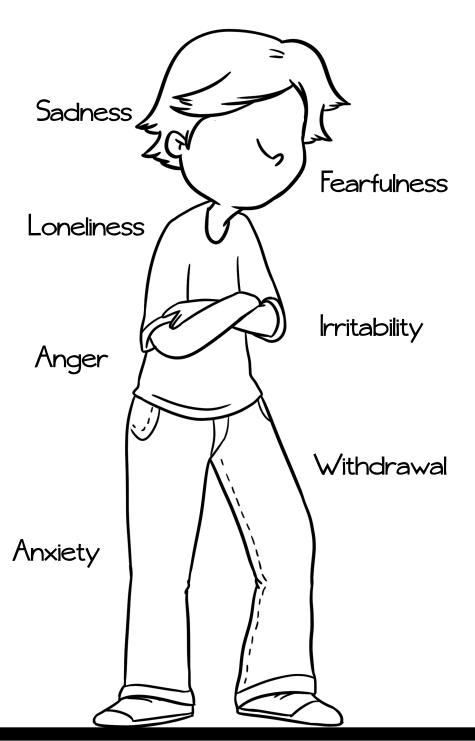
CIRCLE THE SYMPTOMS YOU EXPERIENCE WHEN YOU ARE FEELING STRESSED.



@Carol Mille

WHAT HAPPENS WHEN I'M STRESSED WHEN I'M STRESSED Emotional Responses

CIRCLE THE EMOTIONAL RESPONSES YOU HAVE EXPERIENCED WHEN YOU WERE FEELING STRESSED.



@Carol Mille



YOUR RESPONSE TO THE DEMANDS OF THE WORLD DETERMINES YOUR STRESS LEVEL. TAKE TIME TO CONSIDER YOUR STRESS TRIGGERS AND HOW THEY AFFECT YOU.

There are many potential triggers for stress, including the following:

- Increased responsibility
- Major life changes (marriage, divorce, relationship troubles, childbirth, death of loved ones, etc.)
- Relocation
- Financial pressures
- Parent job changes
- Natural and man-made disasters
- Sickness
- Peer pressure
- Social situations (going to parties, crowded areas, etc)
- Our environment (loud noises like a dog barking, sirens, etc)
- Our thoughts and beliefs that may not be true (I'm not going to pass this test,, no one likes me, I'm stupid, etc.)













HOW MUCH STRESS DO I CARRY?

Look at the scale and try to determine your level of stress. Place an X to show where your stress level is.











When I think about my stress, most of my stress seems to come from:



Three things I can do to help me reduce my stress are:







HEALTHY VS UNHEALTHY STRESS

REMEMBER STRESS IS A
NORMAL PART OF LIFE. WE
ALL EXPERIENCE IT AND IT
CAN BE BOTH HELPFUL
AND UNHELPFUL, OR
HEALTHY VS UNHEALTHY.



According to experts, stress is a burst of energy that basically advises you on what to do.



BENEFITS OF STRESS

In small doses, stress has many advantages. It can:

- Motivate us to meet goals
- > Help us accomplish tasks
- Boost our memory
- > Keep us safe from harm
- It makes us excited to try something new



PROBLEMS FROM STRESS

While stress can be a good thing, too much stress can cause us:

- Prevents us from completing tasks
- > Causes us to get sick
- > Changes our appetite
- Prevents us from falling asleep
- > Causes headaches
- > Makes us irritable

HEALTHY VS UNHEALTHY STRESS

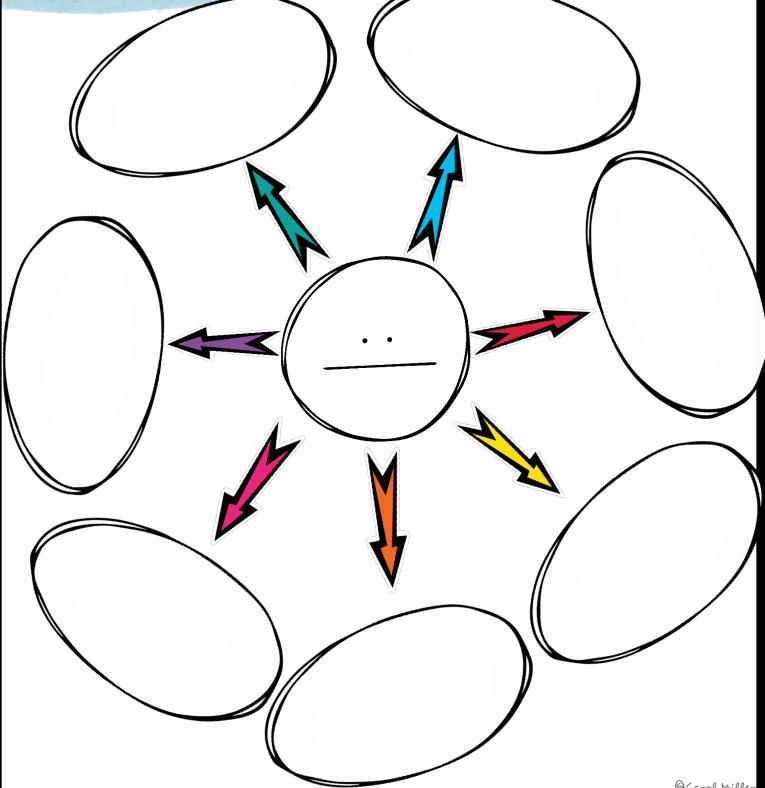
Try to list 5 ways stress can be healthy and 5 ways stress can be unhealthy.

	HEALTHY STRESS	UNHEALTHY STRESS
2		
3		
4		
6		

WHAT ARE THINGS THAT CAUSE STRESS?

- Changes from the routine
- → Too much homework
- Doing difficult assignments
- Problems at home
- Fighting with your siblings
- Problems with your friends
- Being disorganized
- ⇒ Not doing well in school
- Having too many responsibilities
- ⇒ Feeling like you're not included
- → High/unreasonable expectations
- Being put down
- ⇒ Not feeling well
- Tests





EFFECTIVE STRESS MANAGEMENT

EFFECTIVE STRESS MANAGEMENT INVOLVES THE FOLLOWING:

- Learning to recognize the signs that you are experiencing stress
- Recognizing the circumstances that trigger stress reactions in you
- Applying stress management techniques to help you cope

IN ADDITION,
YOUR ATTITUDE -THE WAY YOU
THINK ABOUT
THINGS — IS YOUR
BEST DEFENSE TO
HELP YOU
PREVENT AND
MANAGE YOUR
ANXIETY.



@Carol Mille

POSITIVE THINKING SELF CHECK

Read each Statement then Put an **X** if you agree or disagree if that statement is true for you.

THOUGHT OR BELIEF	IAGREE	IDISAGREE
Everyone else is better than me		
Other people think I'm ugly.		
lam not good enough.		
l must be perfect.		
lam not smart.		
People don't like me.		
If people knew the "real" me, they wouldn't like me		
l wish l was different.		
My opinions don't matter.		
TOTAL		

If you have more checks in the agree column than the disagree column you have some thought traps to work on.

@Carol Miller

MY INTERNAL THOUGHTS

Below are some internal thoughts we sometimes have that often leads us to feel stressed. Color the boxes of the thoughts that you have found yourself saying or doing and that have caused you stress.

PUTTING MYSELF DOWN BLAMING MYSELF YELLING AT OTHERS

DOUBTING MY
ABILITIES

HAVING UNREALISTIC EXPECTATIONS

JUMPING TO CONCLUSIONS

PROCRASTINATION

THINKING I'M NOT NORMAL

ALL OR NOTHING THINKING

NEED FOR APPROVAL

FOCUSING ON NEGATIVES

NEGATIVE COMPARISONS

THINKING "I CAN'T" **EMOTIONAL REASONING**

MIND READING

THIS ISN'T FAIR

NOT MY FAULT

IF ONLY

Which negative thought do you find yourself most guilty of thinking?

NEGATIVE THINKING TRAPS



NEGATIVE NEGATIVE THINKING TRAPS

Often times we let our negative thoughts control our minds and feelings. We do this even when there is no truth to those thoughts.

We call these NEGATIVE THINKING TRAPS.

THE ALL OR NOTHING TRAP

You believe it's only one way or the other.

- If I don't do it perfectly, then I'm a failure
- If I don't get along with everyone, then no one likes me
- If I don't win the game, then I must be a loser





THE EXPLOSIVE TRAP

You believe things are just the worst that they can be.

- If I don't do well in my next exam, I am going to fail everything and get nowhere in life
- If I don't make the team this year, I'll never be able to do it
- If my friend doesn't sit with me at lunch, then she doesn't want to be my friend

@Carol Miller

NEGATIVE THINKING TRAPS

THE BLAMING TRAP

You believe it's always your fault.

- You assume responsibility for bad things, even though you probably were not responsible
- You feel responsible for other people's problems
- You are responsible for holding other people back from success





THE GLOOMY TRAP

You believe if something bad is going to happen it's going to happen to you.

- If something bad is going to happen, it is much more likely to happen to me
- This proves what I suspected all along
- You can't trust anyone these days
- > Everyone is trying to rip you off

If any of these thought traps sound like you, they can be fueling your anxiety. The best way to get rid of them is to know what they are and then challenge that way of thinking with Alternative Thoughts.

IDENTIFYING NEGATIVE THINKING TRAPS

MATCH THE THOUGHT TRAP FROM THE BOTTOM OF THE PAGE TO THE SITUATION THAT DESCRIBES IT.

0	l got a B on a math test, now l'Il never get into a good collegel
2	My parents are getting a divorce. It's all my fault!
3	My best friend is mad at me. My life is so horrible. It can't get any worsel
4	They ran out cookies at lunch with the person in front of. Of course it had to be me!
6	You're either a winner or you're a loser.
6	I missed the penalty shot. I'm the reason my tram lost the game.
7	You're either a winner or you're a loser.
8	I spilled juice on my shirt. Now it's ruined forever!

GLOOMY

ALL OR NOTHING

EXPLOSIVE

BLAMING

GLOOMY

ALL OR NOTHING

EXPLOSIVE

BLAMING

IDENTIFYING NEGATIVE THINKING TRAPS Answers

MATCH THE THOUGHT TRAP FROM THE BOTTOM OF THE PAGE TO THE SITUATION THAT DESCRIBES IT.

0	l got a B on a math test, now l'Il never get into a good collegel	ALL OR NOTHING
2	My parents are getting a divorce. It's all my fault!	BLAMING
3	My best friend is mad at me. My life is so horrible. It can't get any worsel	EXPLOSIVE
4	They ran out cookies at lunch with the person in front of. Of course it had to be mel	GLOOMY
6	You're either a winner or you're a loser.	GLOOMY
6	I missed the penalty shot. I'm the reason my tram lost the game.	BLAMING
7	You're either a winner or you're a loser.	ALL OR NOTHING
8	l spilled juice on my shirt. Now it's ruined forever!	EXPLOSIVE

GLOOMY

ALL OR NOTHING

EXPLOSIVE

BLAMING

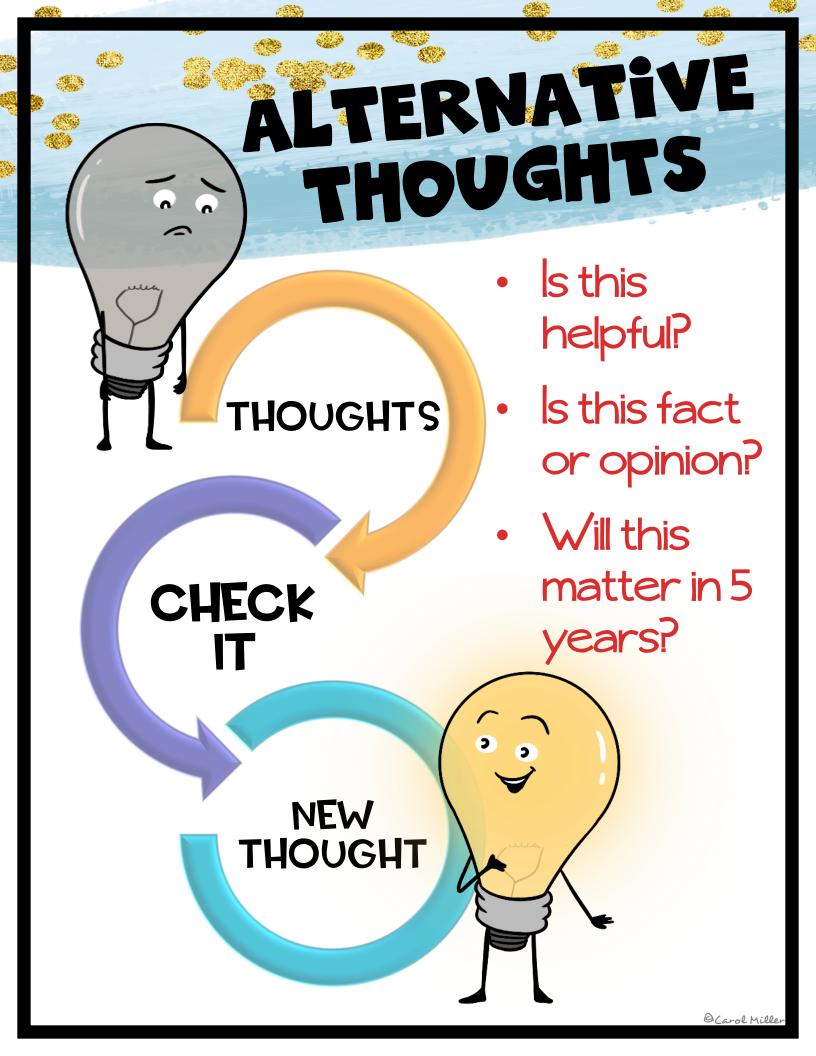
GLOOMY

ALL OR NOTHING

EXPLOSIVE

BLAMING

@ Carol Miller



WHAT ARE THE CONSEQUENCES OF NEGATIVE THINKING?

Write a consequence for each negative thought.

I CAN'T DO THIS.

> I'VE NEVER DONE THIS BEFORE.

NO ONE LISTENS TO ME ANYWAY.

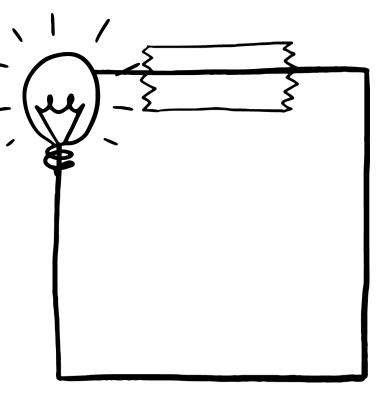
@Carol Miller

CALMING YOUR ANXIETY

By now, we have learned that calming our anxiety is possible. While we may not be able to prevent ourselves from worrying, feeling anxious or being stressed, we can handle it better by practicing ways to be calm.

Try to do something everyday to remind yourself that you are loved, valued and important. Pay attention to the things that trigger your stress and practice ways to relax.

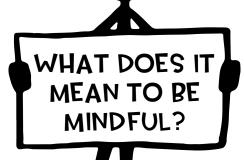
WHAT IS
YOUR
FAVORITE
WAY TO
RELAX?



THINK ABOUT IT!

WHAT
ACTIVITY
ALWAYS PUTS
YOU IN A
GREAT MOOD?

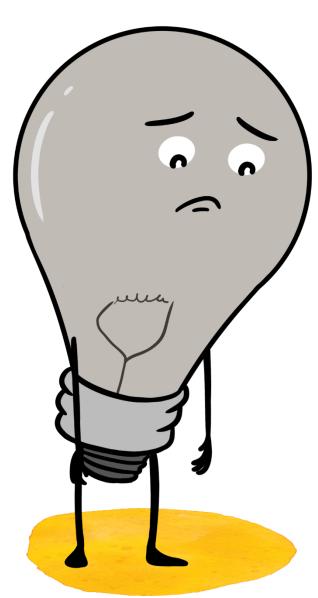
WHAT IS SELF
CARE AND
WHY SHOULD
WE PRACTICE
IT?



4 ? 3

POSITIVE WAYS TO COPE WITH STRESS

- > Understand Your Feelings
- > Talk To Someone Who Cares



- Make Healthy Choices
- > Find Ways To Relax
- Find Ways To Resolve Your Stress
- > Laugh Often

coping skills FOR STRESS

LOOK AT THE DIFFERENT COPING SKILLS FOR STRESS. CIRCLE ALL THE COPING SKILLS YOU HAVE TRIED AND PUT A STAR NEXT TO YOUR FAVORITE.

Keep a journal

Listen to music

Exercise

Take a bath

Get enough sleep

Play with a pet

Eat healthy foods

Draw

Reduce caffeine

Watch a movie

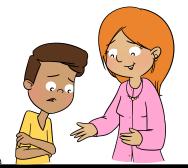
Read

Take a walk

Do something you

Call a friend





WAYS TO FIND UR CALM



Play A GUIDED **MEDITATION**

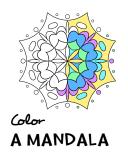
















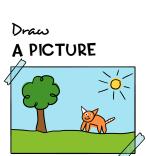
Use MOUNTAIN **BREATHING**







Exhale **ON** 5







Set A TIMER



Write IN A JOURNAL



POSITIVE AFFIRMATIONS

An affirmation is a positive thought we can tell ourselves to help us get rid of negative thoughts we have about ourselves.

By changing the way you think over time, you arm yourself. You become resistant to negativity or unhelpful thinking. And the more positive affirmations you have, the better your life will be.

This, of course, works both ways. Too much negative thinking means you're going to feel bad, then worse, and then you'll hit rock bottom.

A NEGATIVE THOUGHT I HAVE HAD ABOUT MYSELF IS:

> A POSITIVE QUALITY ABOUT MYSELF IS:

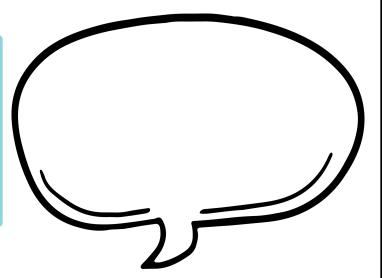
POSITIVE AFFIRMATIONS

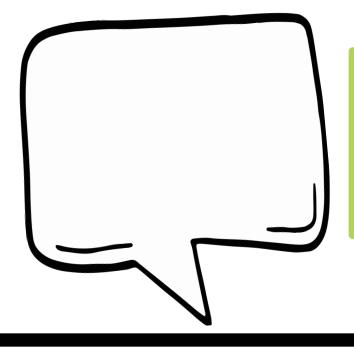
WRITE SOMETHING POSITIVE ABOUT YOURSELF IN EACH SPEECH BUBBLE.



Tell yourself how special you are.

Tell yourself you're a capable person





Tell yourself not to give up

STRESSORS AND CALMERS

THINK ABOUT THE DIFFERENT ACTIVITIES YOU DO EACH DAY. THINK ABOUT WHAT CAUSES YOU STRESS AND WHAT RELAXES AND CALMS YOU.

31 KL 3 3 AND WHAT KELAXL 3 AND CALM 3 700.		
ACTIVITIES	STRESSORS	CALMERS
THINGS I HAVE TO DO		
COMMITMENTS		
GOALS		
Do you have more Stressors or more Calmers?		
What do you need to do to find a better balance of Calmers and Stressors?		

PREVENTION OR INTERVENTION?

There are two ways we can manage anxiety. We can either use **PREVENTION** like regular exercise to prevent us from becoming anxious, or an **INTERVENTION** like a relaxation technique that we use while we are feeling anxious.

PREVENTION is important because it helps stop something from occurring. For example, wearing a seat belt can help us from getting seriously hurt if we are I an accident. Prevention can't always stop anxiety from happening, but it can make it more manageable when it does occur.

INTERVENTIONS are done to help us lessen the symptoms of anxiety as they are happening. Good interventions, however, need to be practiced ahead of time so when you do need to use them they work. Think of it as a fire drill. We practice how to exit the school building so in a fire we know how to leave.

Deep breathing is an excellent intervention, but we need to practice it first so it is effective.

PREVENTION OR INTERVENTION?

Read each Activity then Put an **X** in the column if you think that describes a Prevention (Before) or Intervention (During).

ACTIVITY	PREVENTION	INTERVENTION
Eating healthy foods		
Eating soup when you're sick		
Studying for a test		
Underlining key words in your test directions		
Doing your homework as it's being collected in class		
Doing your homework at home		
Borrowing a pencil in class		
Getting your pencil case ready before school.		
Paying your cable bill by the due date		
Paying your bill when the cable is turned off.		
Sending party invitations for your birthday next week		
Calling people on your birthday to see if they could come over.		

PREVENTION OR INTERVENTION? Answers

Read each Activity then Put an **X** in the column if you think that describes a Prevention (Before) or Intervention (During).

ACTIVITY	PREVENTION	INTERVENTION
Eating healthy foods	×	
Eating soup when you're sick		X
Studying for a test	X	
Underlining key words in your test directions		×
Doing your homework as it's being collected in class		X
Doing your homework at home	X	
Borrowing a pencil in class		X
Getting your pencil case ready before school.	×	
Paying your cable bill by the due date	×	
Paying your bill when the cable is turned off.		X
Sending party invitations for your birthday next week	×	
Calling people on your birthday to see if they could come over.		X

WHAT WOULD YOU DO?

READ OVER EACH SCENARIO AND THINK ABOUT HOW YOU WOULD HANDLE IT. WRITE WHAT YOU WOULD DO IN THE BOXES BELOW.

- Your parents tell you that the family is moving and you will be attending a new school.
- You are very tall for your age. The kids make fun of you and call you names.

- You don't live with your dad. You get really quiet when your friends talk about their dads.
- Your class is going on an overnight trip. Your mom tells you there's not enough money so you will not be able to go.

WHAT WOULD YOU DO?

6	You look on Instagram
U	and find someone has
	posted an embarrassing
	picture of you.

Someone told you that your best friend is telling people mean things about you.

T	You made plans to go to a friend's house. She
	called to cancel and you
	see her at the mall with
	another friend.

Your grades have gone down and your parents tell you you're not allowed to go to football practice until they improve

WHAT WOULD YOU DO?

You have so much homework that you don't get any free time to yourself.



YOUR TURN!

WHAT IS A SITUATION THAT HAS CAUSE YOU ANXIETY OR WORRY RECENTLY?

HOW DID YOU HANDLE IT? KNOWING WHAT YOU KNOW TODAY ABOUT ANXIETY, WOULD YOU DO ANYTHING DIFFERENTLY?

TRACKERS AND AND FORMS

Use the forms on the pages to follow to track your anxiety and the ways you managed your stress. Feel free to make as many copies as necessary.

MY ANXIETY TRACKER

Use this tracker to log your feeling of anxiety, worry or stress. Make note of how your body felt, what caused the stress and how you responded.

WHAT HAPPENED?	HOW DID I FEEL?	WHAT ANXIOUS THOUGHTS DID I HAVE?	WHAT DID I DO?

STRESS MANAGEMENT CHECKLIST

Use this checklist to keep track of your progress as to how you are managing your stress. Are there any days more stressful than others?

QUESTION	SUN	М	т	W	TH	F	SAT
Kept a stress journal							
Exercised							
Laughed with friends							
Avoided unnecessary stress							
Refocused myself to look at the positive							
Used a stress coping skill							
Talked to someone about what was bothering me							
Accepted the stress l could not change							
Refrained from blaming myself							
Kept my expectations realistic							
Total of each column							

My most stressful days are:	
1 thing I was proud of this week: _	
5 1 –	@Carol Mill





I am a school counselor from Lansing, NY. I have 25 years experience as a counselor in all 3 levels, elementary, high school and currently, middle school. I was awarded the NY School Counselor of the Year Award in 2014 and was the NY Representative for the American School Counselor of the Year Award at the White House in January of 2016. School Counseling is my passion.

I co—sponsor the School Counselor Community Scholarship, and delight that I get to help counselors each year attend the ASCA conference. I also have served as the VP for Middle Level Counselors with NYSSCA and have recently been elected to President. I am a strong proponent for school counseling programs, and I am always looking for ways to help my fellow colleagues.

My lessons are designed using the ASCA National Model and lesson plans align with the corresponding Mindsets and Behaviors. I strive to help students find personal, academic, career, and social/emotional success.

HELPING STUDENTS REACH FOR THE STARS...

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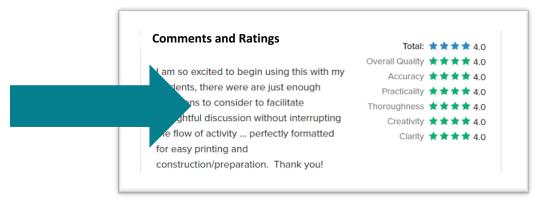




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