STRESS IN MY BODY

Stress , anxiety, and trauma can be experienced in our bodies in different ways. Naming the stress is a good way to understand and cope with what we are experiencing. Color in all of the areas below that are true for you.

Head

- Cannot concentrate
- Headache
- Ringing ears
- Shaky voice
- Face is hot
- Dizzy
- Overwhelming emotions
- Feel confused
- Dry mouth or throat
- Racing thoughts



Body

- Heart beats fast
- Quick breathing
- Stomach feels sick
- Sweating
- Tight muscles
- Tight muscles
- Feel the urge to fight
- Shakey or weak legs
- Urge to run away
- Feel unable to move

Something else:_____



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STRESS COPING SKILLS

Circle a strategy that may work for you. Come back to this later to rate how much it helped.

Relax

- Deep breaths
- Tense & release muscles
- Hug yourself or someone else
- Positive self talk



Distract

- Count to 100
- Play a game on your phone
- Talk to someone
- Read a book

React

- Grounding
- Fix it
- Exercise
- Drink water

Reflect

- Journal
- Sort into big and small stressors
- Challenge exaggerated thoughts
- Positive self-talk

Something else:_____

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

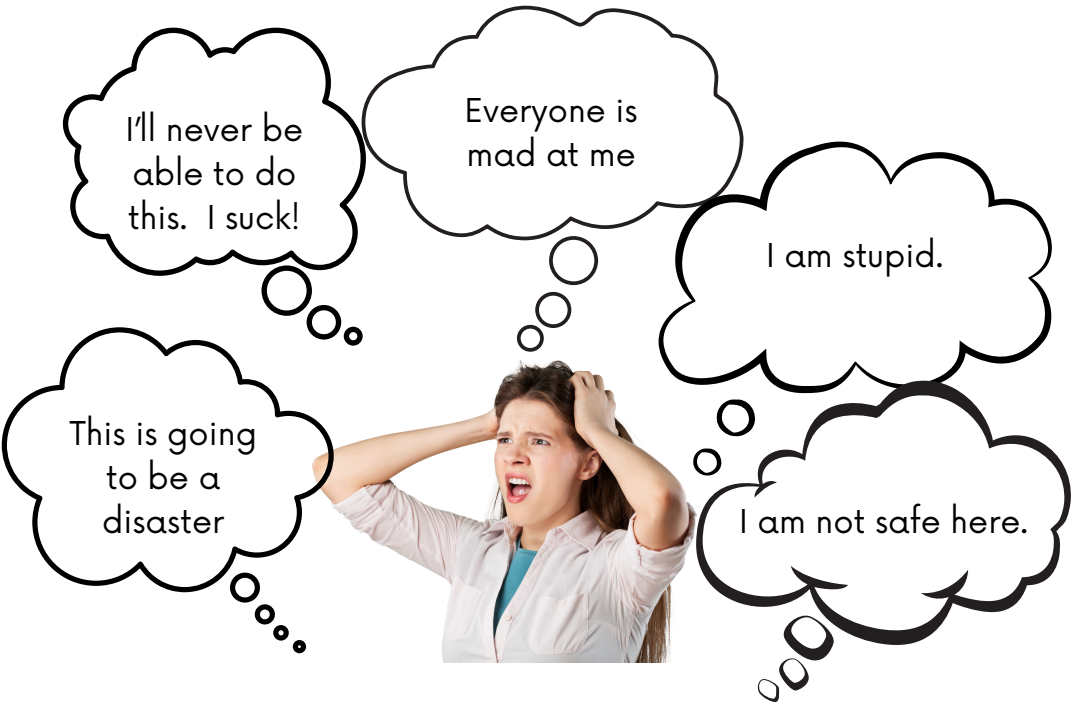
Not Helpful — Somewhat Helpful — Very Helpful

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CHANGING UNHELPFUL THOUGHTS

Sometimes stress can make us think unhelpful thoughts.



These thoughts can get in our way of moving forward, trying new things, and making positive decisions for our well-being.

But we can often turn those thoughts into more helpful thoughts.

- This is going to be tough but I can get through it.
- I am going to have to work hard to accomplish this.
- I need help to be successful on this.
- I made a mistake. I can try to fix it.
- I am doing the best that I can right now.
- I have people who care about me.
- I have the skills I need to protect myself from harm.



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CHANGING UNHELPFUL THOUGHTS

We can think of theses unhelpful thoughts as ANTS (Automatic Negative Thoughts)

Step 1: Write down your A.N.T.



Step 2: Challenge your A.N.T.



- What evidence do I have this is not true?
- What is the worst that can happen?
- If it happened, what would I need to be able to cope with it?
- If I asked a person that I trust, would they see it the same way?
- If my friend had this thought, what would I say to them?

Step 3: Shrink your A.N.T.



Use helpful thoughts to shrink your A.N.T.

- This is going to be tough but I can get through it.
- I am going to have to work hard to accomplish this.
- I need help to be successful on this.
- I made a mistake. I can try to fix it.
- I am doing the best that I can right now.
- I have people who care about me.
- I have the skills I need to protect myself from harm.

Step 4: Defeat your A.N.T.



With practice, the negative thoughts will no longer be automatic and can be replaced with more helpful ones more easily.

Gratitude Hunt

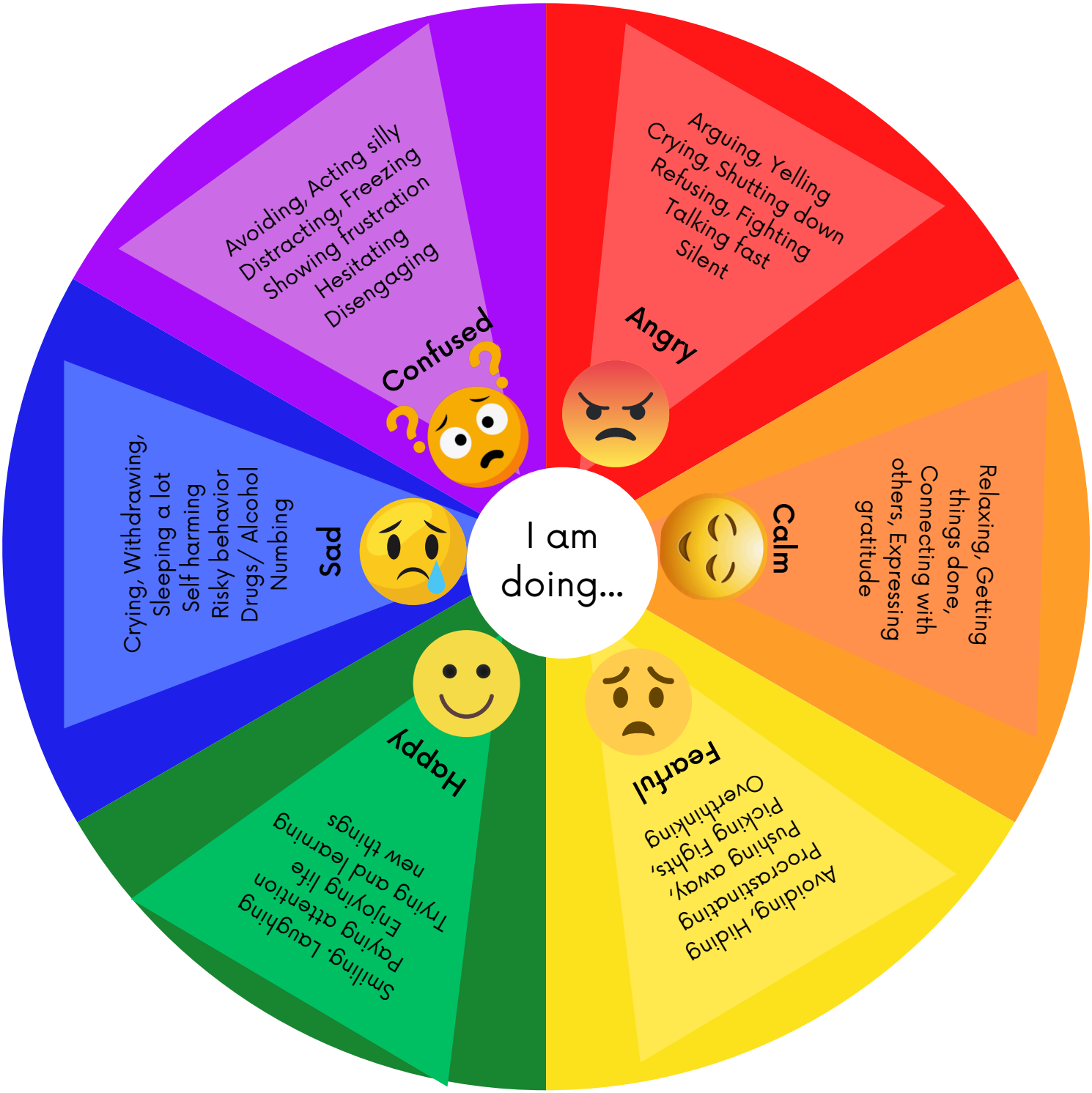
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DIRECTIONS: FIND THINGS IN THIS ROOM, BUILDING, OR OUTSIDE (IF AVAILABLE) THAT FIT THE ITEMS BELOW. WRITE IN OPEN SPACES AND/OR TAKE A PICTURE OF EACH ITEM TO SHARE WITH SOMEONE ELSE TO REFLECT ON THE THINGS THAT SURROUND YOU EVERY DAY THAT BRING YOU JOY..

1. Find something that is useful to you.	
2. Find something that you enjoy looking at.	
3. Find something that is your favorite color.	
4. Find something that is soft to touch.	
5. Find something that smells good.	
6. Find something that makes you smile.	
7. Find something that makes a beautiful sound.	
8. Find something that makes you feel calm.	
9. Find something that tastes good.	
10. Find something that you can give to someone else to make them feel appreciated.	

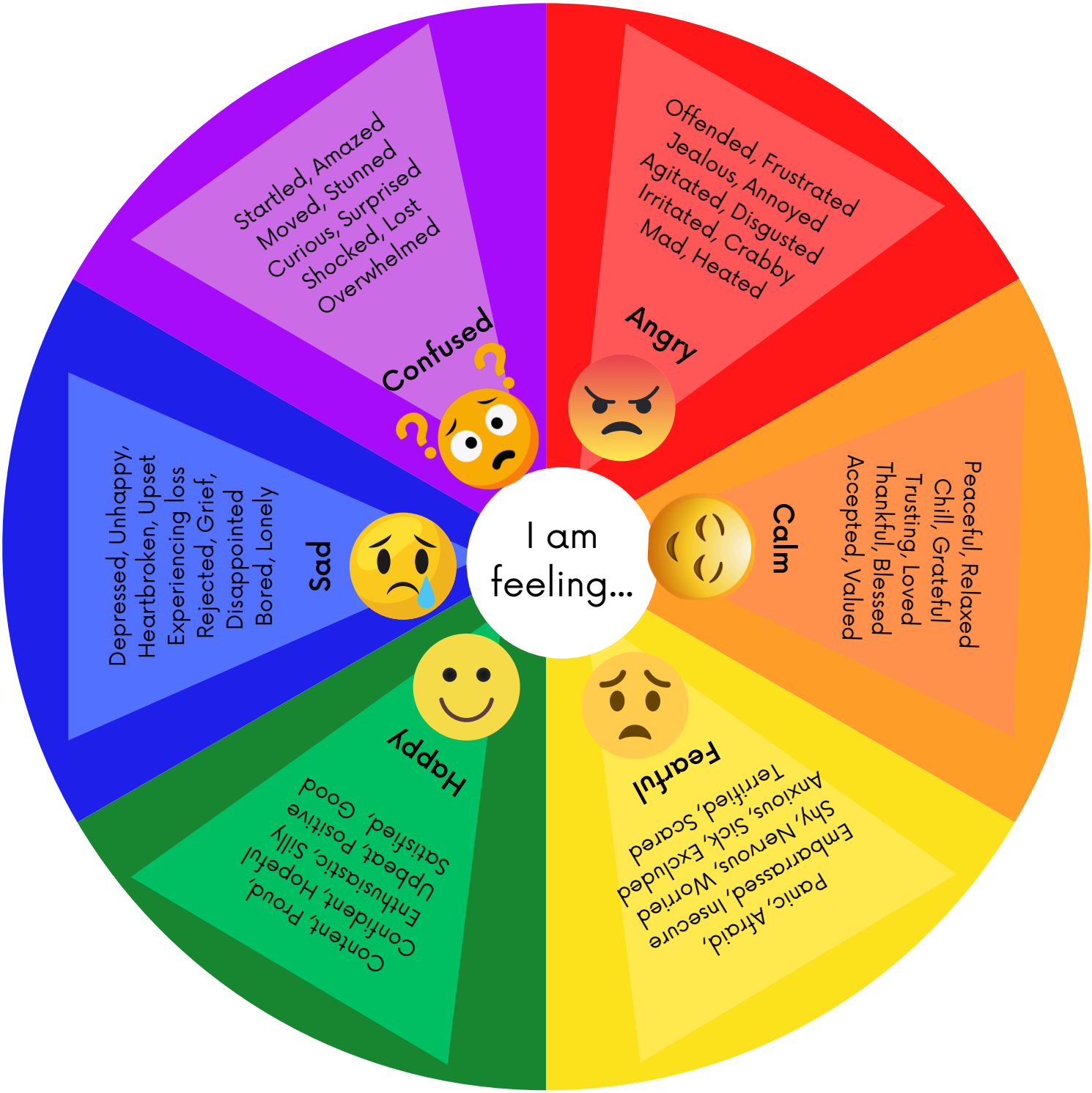
FEELINGS WHEEL

When we have strong feelings, they can come out in our behaviors. Which behaviors have you been engaged in? Do they match up with the feelings on the wheel?



FEELINGS WHEEL

Emotions can be complicated. Sometimes we feel one way and there are other emotions below the surface. How are you feeling right now? Choose as many as apply.



FEELINGS WHEEL

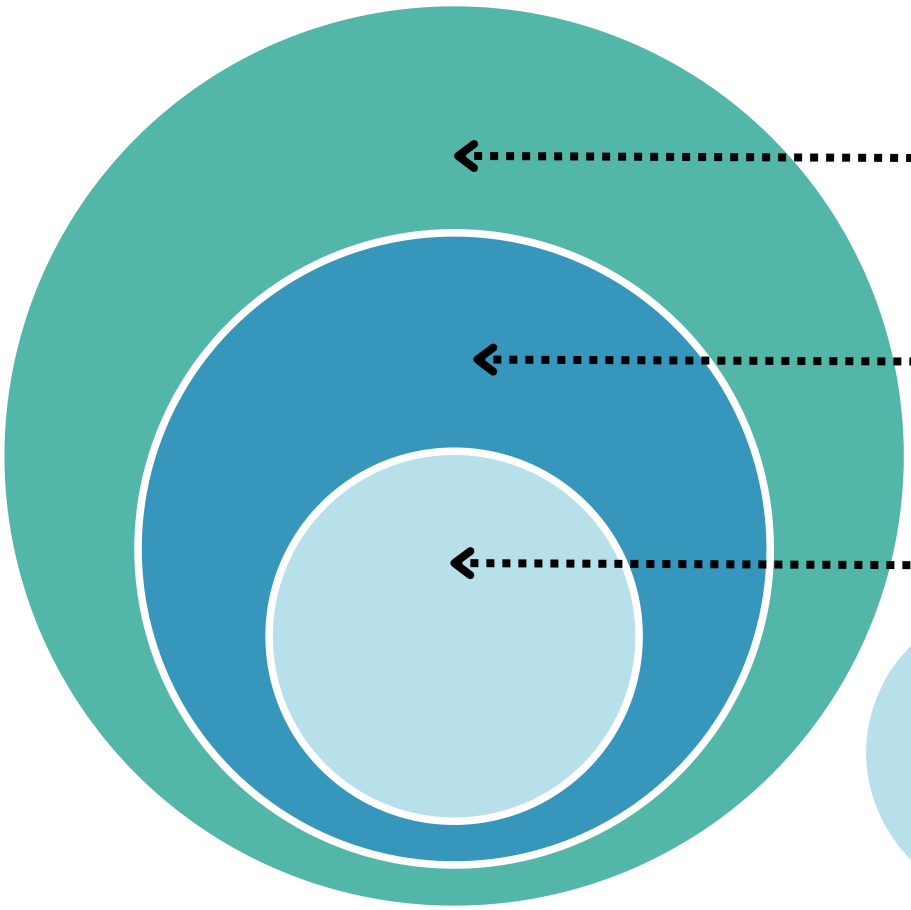
Sometimes you want to just stay in that emotion and feel your feelings. And that is ok, if done in a way that is not harmful to you or others. But sometimes you want to change that feeling. Here are some ideas of what can help. Add your own ideas when you think of them.

	What can help?
Confused 	• Ask for help or clarification - "What do you mean by...?" • Take a deep breath and refocus • Take a break and come back to it • Write/type it out and make a visual guide or list to sort it out • Ask for the opinion of a trusted friend or adult
Angry 	• Walk away / take a break • Count to 100 in your head • Exercise/ move your body • Squeeze and release muscles • Talk to someone and say your feelings out loud
Calm 	• Notice your calm • Help someone else • Co-regulate with someone in need • Work on your goals • Write/ reflect on what is causing this feeling to draw upon later
Fearful 	• Talk to a safe person and speak your feelings out loud • Do a locus of control exercise • Listen to your fear or stress - what is it telling you? how is it trying to be useful to you? what parts can you let go of? • Do a risk- benefit analysis
Happy 	• Smile at someone you do not know • Use kind words • Listen to someone who needs attention • Practice gratitude • Set a goal for yourself
Sad 	• Ask for a hug from someone that you trust • Go outside • Listen to upbeat music • Keep up your regular routine • Journal about it and "store" your feelings there until you are ready to pick them up again.

LOCUS OF CONTROL

Sometimes we spend a lot of time worrying about things that we cannot control or change. This can suck up all of the energy that we have to focus on the things that we can control. -think about what gets in the way of you achieving your desired goals or outcomes and if you believe the Locus of control lies within you or with someone or something else.

What gets in your way of achieving your goals or living your best life?



Decide where you want to put your thoughts and energy. Consider letting go of the mental effort that you put into things you can't control. Focus on what you can control and influence.

GROUNDING

Grounding is an exercise that can help bring you back to the present time and space if you feel that you are distracted, going numb, or out of touch what what is around you due to strong emotions or re-living a painful memory. Grounding can focus you or remind you that you are in a safe place.



5	See 	Name 5 things that you can see (look at them, then write them down)
4	Touch 	Name 4 things that you can touch (touch them, then write them down)
3	Hear 	Name 3 things that you can hear (get quiet and listen for them, then write them down)
2	Smell 	Name 2 things that you can smell (take some deep breaths and notice what you smell, then write them down)
1	Taste 	Name 1 things that you can taste (notice what taste is on your tongue right now), then write it down)

REGULATION PLAN

We can get overwhelmed by emotions sometimes and need a plan to help us to regulate emotions and behavior. Complete this document to recognize your stress triggers and decide what is best for to help you to cope with big feelings.

Things that stress or trigger me

- [ ] Whispering
- [ ] Drama
- [ ] Worrying about school violence
- [ ] Racism/ Stereotypes
- [ ] Misgendering/ Dead naming
- [ ] People lying to me
- [ ] People letting me down
- [ ] Negative messages in my own head
- [ ] Encountering a certain person
- [ ] Loud noises
- [ ] Sitting for too long
- [ ] Being bored
- [ ] Being ignored/ left out
- [ ] Someone being mean
- [ ] Arguments
- [ ] A time or day or a certain class
- [ ] People looking at me or staring
- [ ] Yelling
- [ ] Not being listened to
- [ ] Not understanding something
- [ ] Feeling stupid
- [ ] Feeling self-conscious about how I look today
- [ ] Break ups / being rejected
- [ ] Something else:
- [ ] Something else:
- [ ] Something else:

REGULATION PLAN

We can get overwhelmed by emotions sometimes and need a plan to help us to regulate emotions and behavior. Complete this document to recognize your stress triggers and decide what is best for to help you to cope with big feelings.

When this happens I...	Here is what helps
☐ Leave/ walk out	☐ Time alone
☐ Retaliate/ Get revenge	☐ Talking to someone/ being with people
☐ Swear/ Yell at people	☐ Humor
☐ Act rudely	☐ Drinking water
☐ Fight / hurt others	☐ Looking at nature
☐ Damage property	☐ Rocking / Swinging
☐ Cry	☐ Music/ Singing
☐ Shut down/ go silent/ Withdraw	☐ Deep breathing
☐ Feel suicidal	☐ Hug
☐ Use drugs or alchol	☐ Exercise/ Going for a walk
☐ Injure myself	☐ Coloring/ drawing
☐ Rock or pace back and forth/Bounce my legs	☐ Journaling
☐ Something else:	☐ Reading/ Distracting myself
☐ Something else:	☐ Something else:
☐ Something else:	☐ Something else:

REGULATION PLAN

We can get overwhelmed by emotions sometimes and need a plan to help us to regulate emotions and behavior. Complete this document to recognize your stress triggers and decide what is best for to help you to cope with big feelings.

What does NOT help...

- ☐ Being alone
- ☐ Teasing / humor
- ☐ Sarcasm
- ☐ Minimizing
- ☐ Being around people
- ☐ Loud voices
- ☐ Being touched
- ☐ Being ignored
- ☐ Being told to calm down
- ☐ Being reminded or rules or consequences
- ☐ Being told to make a good choice
- ☐ Being made to sit still
- ☐ Something else:
- ☐ Something else:

My Plan

When I feel stressed I will:



A safe place that I can go is:



Others can help by:



A person or people who can help are:



I will know I feel better when:



MY SELF CARE PLAN

Self-care strategy	M	T	W	Th	F	Sa	Su

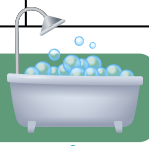
Eat healthy foods 

Drink water 

Get 8 hours of sleep 

Exercise 

Stretch 

Take a shower/bath 

Brush your teeth 

Deep breathing 

Listen to uplifting music 

Read a book 

Take a technology break 

Be in nature 

Look at pictures that make you smile 

Journal 

Something else 

QUESTIONS AND STATEMENTS FOR BUILDING CONNECTION

Check for Understanding and Clarify (avoid "why" questions which can elicit defensiveness)	Interpreting with Empathy	Inspire action and problem solving (resist the urge to give advice first)
You seem really upset, what's up?	That sounds frustrating.	Where did this go wrong?
Would you tell me a little more about...?	I'm imagining that felt____for you...	What were you hoping would happen?
How did you feel about what happened?	This is really difficult.	What do you see as your choices right now?
Tell me what you mean when you say...?	That seems like it would have been_____	What would happen if...?
Can you give me more details on...?	You felt like you had no choices.	What will you do next?
Paraphrasing	**Reflection and Connection**	**Supporting**
So, I think I hear...	What makes you think____?	What can I do to help?
In other words...	What are some of the things that led to____?	Who should we talk to next and how can I best support that?
Let me make sure that I am getting this right...	What did you observe?	What do you need to make this better?
It seems like you wish you didn't _____.	How do you think _____ felt about this?	What do you need from me to accomplish that?

QUESTIONS AND STATEMENTS FOR BUILDING CONNECTION

Replacements for "how was your day?".	Conversation Starters
What happened today that was unusual or out of the ordinary?	What is one thing you wish had never been invented?
Tell me about something you did today that you were proud of.	If you could make a rule that everyone had to follow, what would it be?
Who is your favorite teacher and why?	What famous do you find inspiring? What famous person repulses you? Why?
What caused you stress today? And how did you deal with it?	What is something that you are good at that not many people know about?
If you could do today over again what is one thing that you would change?	What do you need more of/less of from me?

Connection Blockers	Example
Sympathy (not empathy)	Oh, you poor thing! I feel sorry for you.
Judgement	You really should not have done that.
Shame and Blame	What were you thinking? How could you let this happen?
Minimizing	I'm sure it wasn't that bad. You are over dramatizing this.
Competing	You think that is bad, listen to what happened to me today
Reminiscing	You know when I was your age...
Unsolicited Advice	Here is what you need to do...
Here for the "Tea" (gossiping in a non-helpful way)	Isn't she the one who cheated on her boyfriend? I knew you shouldn't trust her.

BOUNDARIES: SETTING AND ENFORCING LIMITS ABOUT WHAT IS OK AND WHAT IS NOT OK

Boundary Red Flags

- You feel completely responsible for another person's happiness or well being
- You are constantly afraid of letting someone down
- You say "yes" even when you don't want to.
- You are always the one apologizing or "fixing" things
- You are asked to keep secrets that make you uncomfortable
- You avoid speaking up about your feeling because someone else will be upset
- **Your time is not as important as the other person's time**
- You don't say/do anything when someone hurts you
- You feel taken advantage of or used

Boundary Statements

- No
- I respect your thoughts but this is a decision that I need to make.
- Please don't do that.
- That is not something that I can do right now.
- I need to end this conversation now.
- I cannot make it.
- This is not okay with me.
- I need to leave now.