



STRESS RELIEF

Learn
Engage
Act
Develop

Unrealistic Expectations **SWITCH** to *Healthy Habits*

LEARN

Stress is defined as emotional strain resulting from adversity of unrealistic expectations. This stress often comes from school, parents, friends, family events and responsibilities, and, of course, technology. Unmanaged stress may affect your mind, impacting your ability to focus, increasing worry and anxiety, and it can ultimately lead to suicidal thoughts. It can also affect your body, resulting in headaches, an upset stomach, and much more.

Negative Stress Cycle Stress Effects & Unhealthy Habits



Why switch unrealistic expectations to healthy habits?
To be able to live a healthy lifestyle to bring out the best in yourself!

People who manage stress well are calmer and more pleasant to be around. They have healthier relationships, are more productive, and live happier lives.

Objective: To learn how to relieve stress in your life. First you will analyze areas of your life to understand how you are currently managing your time, relationships, and activities. Then you will take action to make changes in these areas to create healthier habits.

Direction: Complete the LEAD steps in a journal or on this paper.

- Watch: (click link) [Health Project on Stress and Teenagers](#)
- What impacted you the most in this video and why?

ENGAGE & ACT

Ways to Reduce Your Stress

On the following page in each of the boxes, rate yourself on how you're currently doing in these areas. (Use a pencil so you can change your rating as you make progress.) Then answer the questions to reflect on how you can improve.

1 = I'm struggling

2 = I'm not there yet

3 = I'm doing well

MANAGE YOUR TIME

- SLEEP 8 - 9 hours:** To get this amount of sleep, what times will I commit to sleeping (i.e., 9:00pm - 6:00am)? What do I need to do to make this happen?
- STUDY smarter not longer:** What distractions will I eliminate while I study/work?
- SCREEN TIME managed:** What technology is mindless and what purposeful screen time will I replace it with?

MANAGE YOUR RELATIONSHIPS

- SET boundaries on relationships:** Who zaps my energy/time and what will I do to change it?
- SPEAK UP courageously:** Who do I need to be more assertive toward, and how can I make this happen?
- SOCIALIZE with healthy people:** Who will I spend more time with, and how can I make this happen?
- SUPPORT from a trusted person:** Who is someone I can talk to daily about my stress?

MANAGE YOUR ACTIVITIES

- STOP unrealistic expectations:** What am I expecting of myself that may be impossible to reach? What is a small step that I can take to work toward a more realistic expectation?
- SEEK your physical best:** What exercise routine can I strive for, and what small step can I take to get going? What healthier eating habits can I strive for, and what small steps can I take to get going?
- SAT or SUN fun:** What can I plan so that I have something to look forward to?
- SERVICE to others:** What is a cause I'm passionate about, and what can I do to get involved?

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DEVELOP

- Select one area above that you would like to focus on this week. Circle this box with your ranking.
- Post this somewhere as a reminder each day.
- As this habit becomes healthier, and you change your ratings, challenge yourself with one new habit to focus on.

Remember: The only person you should be better than is the person you were yesterday. Take small steps each day; a permanent habit is formed in twenty-one days. Give yourself a break if you take a step backward. What's important is healthy habits over time. A lifestyle is formed in 3 months!

Positive Stress Cycle Stress Relief with Healthy Habits



Live Your Adventure!