

A positive message to myself:



How I Deal With Stress

Name:





It's ok — everyone has stress. It's a normal part of life.

This booklet is designed to help you recognise, understand and manage feelings of stress.

Recognising when I feel stressed.

In the box below draw or write what stress feels like to YOU.



What causes me to feel stressed.

In the box below draw or write what causes you to feel stressed.



How I Cope When I Feel Stressed

You've already identified how you feel when you are stressed and you know what causes stress. On this page come up with a plan and some actions that you will take when you start to feel stressed.

Remember: if you ever feel that you can't cope its okay to speak to someone and ask for help.

You can find what digital and online help is available by visiting (scroll to the bottom of the page):

www.yhscn.nhs.uk/children-network/Stairways.php