

Pressure Pro



What is Managing Stress?

Managing stress means using tools like deep breaths, asking for help, or taking a break when you're feeling upset or overwhelmed.

Manage Stress
4th-5th grade



Stress is your body's response to pressure. Some stress can help you perform better, but too much can make it hard to think clearly or feel your best.

In your own words, what is stress?

✓ Check the signals your body gives you when you're feeling stressed:

Physical Signs	Thought Patterns	Emotional Signs	Behavior Changes
<div><input type="checkbox"/> Racing heart</div> <div><input type="checkbox"/> Headache</div> <div><input type="checkbox"/> Stomach ache</div> <div><input type="checkbox"/> Tight muscles</div> <div><input type="checkbox"/> Sweaty palms</div> <div><input type="checkbox"/> Shaky hands</div> <div><input type="checkbox"/> Fast breathing</div>	<div><input type="checkbox"/> "I can't do this"</div> <div><input type="checkbox"/> "What if I fail?"</div> <div><input type="checkbox"/> "Everything's going wrong"</div> <div><input type="checkbox"/> "No one understands"</div> <div><input type="checkbox"/> "It's all my fault"</div> <div><input type="checkbox"/> "This is too much"</div> <div><input type="checkbox"/> "I'll never finish"</div>	<div><input type="checkbox"/> Frustrated</div> <div><input type="checkbox"/> Worried</div> <div><input type="checkbox"/> Irritable</div> <div><input type="checkbox"/> Sad</div> <div><input type="checkbox"/> Overwhelmed</div> <div><input type="checkbox"/> Angry</div> <div><input type="checkbox"/> Nervous</div>	<div><input type="checkbox"/> Rushing</div> <div><input type="checkbox"/> Avoiding things</div> <div><input type="checkbox"/> Forgetting things</div> <div><input type="checkbox"/> Trouble sleeping</div> <div><input type="checkbox"/> Not wanting to talk</div> <div><input type="checkbox"/> Arguing more</div> <div><input type="checkbox"/> Can't focus</div>

Stress Triggers and Responses



List specific situations that cause stress for you:

School stress:

Friend/social stress:

Home stress:

Activity/sports stress:

Other stress:



When we're stressed, we can respond in helpful or unhelpful ways. Check those you've tried:

Helpful Responses

- ☐ Taking deep breaths
- ☐ Talking to someone
- ☐ Taking a short break
- ☐ Breaking tasks into smaller steps
- ☐ Getting some exercise
- ☐ Using positive self-talk
- ☐ Problem-solving

Unhelpful Responses

- ☐ Yelling or arguing
- ☐ Giving up
- ☐ Ignoring the problem
- ☐ Blaming others
- ☐ Negative self-talk
- ☐ Procrastinating
- ☐ Avoiding people who could help



The 5-5-5 Reset

Practice this quick reset technique when you notice stress building:

- **5 deep breaths:** Breathe in for 4 seconds, hold for 1 second, out for 5 seconds
- **5 muscle relaxes:** Tighten and release 5 different muscle groups
- **5 positive thoughts:** Replace worried thoughts with helpful ones



For a current stressor in your life, create an action plan:

The situation causing me stress is:

My stress level (1-10):

Physical signs I notice:

Emotions I feel:

One thing I can control about this situation:

One thing I cannot control:

People who can help me:

Reflection & Action Plan



Rate how well you're currently managing stress in different areas (1-5):

1 = Poor

5= Excellent

Area	Rating
School stress	
Friend/social stress	
Home stress	
Activity/sports stress	
Overall stress management	



Complete these sentences:

One thing I learned about stress from this worksheet is:

My best stress management strategies are:

I need to work on:

One new strategy I will try this week is:

If that doesn't work, I will try: