My Stress Signals and Triggers

Stress shows up in your body, your thoughts and your actions. Spot it early, act sooner.

Name: _____ Date: _____

My stress signals

Circle the signals you notice when stress builds up.

Body	Mind	Actions
Tight shoulders	Racing thoughts	Snapping at people
Headache	Can't focus	Scrolling for hours
Stomach knots	Forgetting things	Skipping meals
Fast heartbeat	Worst case thinking	Putting work off
Can't fall asleep	Feeling numb	Pulling away

My earliest signal is: _____

My stress triggers

Tick what stresses you most right now. Star your top one.

- ☐ Tests and grades
- ☐ College or future plans
- ☐ Family conflict
- ☐ Sports or activities
- ☐ Not enough sleep
- ☐ Dating or relationships
- ☐ Homework load
- ☐ Friends or drama
- ☐ Social media
- ☐ Money worries
- ☐ How I look
- ☐ Too busy schedule

Something else: _____

Control check

My biggest stressor: _____

Parts I can control	Parts I can't control
_____	_____
_____	_____
_____	_____

Stress level right now (circle 0 to 10):

0 1 2 3 4 5 6 7 8 9 10

One thing that would bring it down 2 points: _____

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My Stress Toolkit

Two kinds of tools: ones that change the problem, and ones that calm the stress. Most stress needs both.

Rethink the rush

A racing heart before a big moment is your body getting ready, not failing.

Example: "My heart is pounding because this matters to me. This energy can help me focus. I have handled hard things before."

In my own words: _____

Tool menu

Circle your top 5. Pick at least one Plan tool and one calming tool.

Move	Walk 15 minutes	Shoot hoops	Stretch	Dance it out
Calm	Slow exhale breaths	5 4 3 2 1 grounding	Squeeze and release	Cold water on face
Connect	Text a friend	Talk to a parent	See my counselor	Time with a pet
Plan	Break it into steps	Write a to do list	Ask for more time	Drop one thing
Recharge	Phone out of bedroom	Music	Time outside	Something I enjoy

My plan for my biggest stressor

The stressor: _____

One step to change the problem: _____

One tool to calm my body: _____

Who I will tell or ask for help: _____

When I will start: _____

When stress feels like too much

Tell a trusted adult today. If you ever think about hurting yourself, call or text 988 (Suicide and Crisis Lifeline, US) any time, day or night.

My trusted adults: _____

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My Stress and Sleep Tracker

One minute a day. After a week, look for patterns between sleep, movement and stress.

Name: _____ Date: _____

Day	Stress 0 to 10	Bedtime	Wake time	Hours slept	Screens off at	Moved 20+ min	Tool I used
Mon						☐	
Tue						☐	
Wed						☐	
Thu						☐	
Fri						☐	
Sat						☐	
Sun						☐	

Week review

Teens 13 to 18 need 8 to 10 hours of sleep a night (American Academy of Sleep Medicine).

My most stressful day and why: _____

What helped most: _____

Most nights I slept: ☐ Under 7 hours ☐ 7 to 8 hours ☐ 8 to 10 hours

Did stress go up on short sleep nights? ☐ Yes ☐ No ☐ Not sure

Next week: screens off by _____ lights out by _____

One change I will try next week: _____

Something I handled well this week: _____

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