

# BUST MY STRESS TOOLBOX

We all experience stress when we are faced with challenging or overwhelming events. Stress is our body's physical, mental and emotional response to those events. Each of us experience stress differently and none of us stress over the exact same things. It's important to learn what healthy coping tools will help us work toward solutions and manage stressors that come our way.



WATCH OUR VIDEO

## WHAT STRESSES ME OUT?

Recognize the stressors that commonly occur in your life. Common stress triggers might include hard decisions, school work, relationships, schedules, or the suspense of future possibilities.

CHALLENGE YOURSELF TO TRY A NEW COPING SKILL EVERY DAY AND KEEP TRACK OF HOW WELL EACH WORKED FOR YOU.



### COPING SKILLS BANK

- |                              |                          |                                       |  |
|------------------------------|--------------------------|---------------------------------------|--|
| Listen to music              | Video call a friend      | Show gratitude                        | Declutter/Organize                                     |
| Art therapy                  | Get adequate sleep       | Community service                     | Positive self-talk                                     |
| Play a board game            | Go for a walk            | Watch things that make you laugh      | Yoga   |
| Read a book                  | Make a stress ball       | Look at old pictures or take new ones | Journaling   |
| Spend time in nature         | Spend time with your pet |                                       | Cook a healthy meal                                    |
| Meditation or deep breathing | Find something beautiful |                                       | <i>...or get creative &amp; come up with your own!</i> |

DAY:

	1	2	3	4	5	6	7
COPING SKILL I AM TRYING:							

KEY (FILL IN YOUR DAY CHART):



Loved it!



I can grow into this...



Not for me!



### MY COPING TOOLBOX: WHAT WORKS FOR ME?



Show us how you bust your stress!  
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