FREE WORKSHEET FOR TEENS

When it all feels like too much

A stress and pressure plan for teens. School, friends, family, social media, sports, jobs, the future. It's a lot. Stress is normal, but you don't have to carry it all at once.

What's putting pressure on me right now?

- ☐ School and grades
- ☐ Tests or deadlines
- ☐ Friends or drama
- ☐ Dating or crushes
- ☐ Things at home
- ☐ Social media
- ☐ Sports, music or activities
- ☐ A job or money
- ☐ The future
- ☐ How I look
- ☐ Feeling like I don't fit in
- ☐ Something else: _____

1 Break it down

Big things feel smaller in pieces. What is the very next step? Do just that.

2 Calm your body first

Breathe in for 4, out for 6. Do it five times. Your brain thinks better when your body is calm.

3 Check the scroll

Notice how you feel after time online. Mute or unfollow what makes you feel worse.

4 Say it out loud

Tell someone you trust what's going on. You don't need to have it figured out first.

My biggest stress right now

One small step I can take

Something that helps me reset

A trusted adult I can go to

Need to talk to someone right now?

Kids Help Phone: call **1-800-668-6868** or text **CONNECT to 686868**, any time, free and confidential. You can also call or text **9-8-8**. In an emergency, call 9-1-1.