

Coping with Stressors



If stress becomes unmanageable, we may find our own ways of coping. Sometimes these coping mechanisms involve healthy and unhealthy behaviors.

Helpful

Talking to friends on the phone for 20 minutes
Taking a 20 minute nap

Not so Helpful

Talking to friends on the phone for 2 hrs
Sleeping for three hours after school

Write your own.....

Self Care Survey

- | | | | |
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| 1. | I get at least 8 hours of uninterrupted sleep each night. | Yes | No |
| 2. | I try each day to eat healthy foods, including at least five fruits and vegetables a day. | Yes | No |
| 3. | I exercise every day, walking and/or playing sports for an hour. | Yes | No |
| 4. | I spend less than 2 hours a day with video games/Internet/TV. | Yes | No |
| 5. | I drink 6-8 glasses of water a day. | Yes | No |
| 6. | I have at least two personal goals (do well in school, go to college, and become good at a skill). | Yes | No |
| 7. | I wash my hands regularly, especially after using the bathroom. | Yes | No |
| 8. | I brush my teeth at least twice a day. | Yes | No |
| 9. | I protect myself from the body fluids of others (blood, semen, vaginal fluids) | Yes | No |
| 10. | When I'm upset, I practice ways to calm myself, to relax, to let go of my anger. | Yes | No |
| 11. | I practice safe sex by using a condom (and other forms of birth control) | Yes | No |
| 12. | I eat breakfast everyday | Yes | No |
| 13. | I limit eating fast food and sugary drinks | Yes | No |
| 14. | I make positive changes and choices in my life | Yes | No |
| 15. | I hang around people who make me feel positive about myself | Yes | No |
| 16. | I go for a regular check-up or visit my doctor yearly | Yes | No |