



Change is constant

Recognize stress  
in your life



# Can You Feel It?

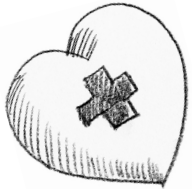
## My Life Design Student Workbook

You control your  
reactions

Empower yourself -  
You can do it!



# Four Key Messages



Change is constant

Recognize the stressors in your life



You control your reactions

Empower yourself - You can do it!



# Detangle your stress with the Can You Feel It? My Life Design Workbook

This workbook is for you. It is designed to help you identify your stressors. You will discover what signs and symptoms stress can cause. You will be able to explore some healthy coping strategies and decide which ones work the best for you. When we find ways to manage and cope with the stress in our lives, we become more resilient.

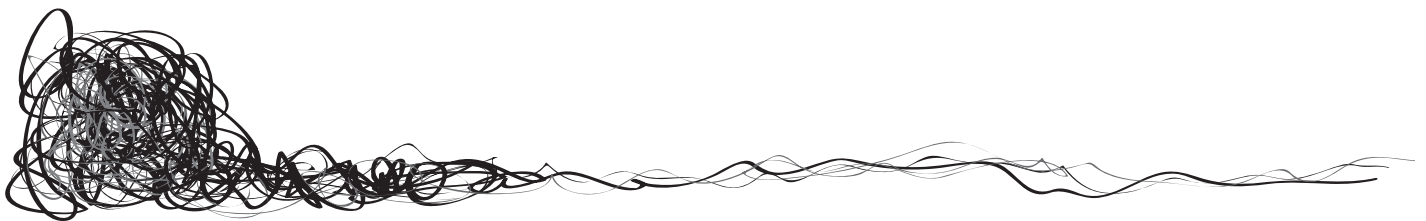
So, what is stress . . . and what is resilience?

## **Stress is:**

...that tangled ball you feel in the pit of your stomach.

## **Resiliency is:**

...the ability to adapt to and/or bounce back from life's changes and challenges.



Know your stressors → Know your signs and symptoms → Know your coping strategies → Use your healthy coping strategies = Detangle your stress

**FUEL**

**PLAY**

**CHILL**

**CHAT**

## ...a little more on stress



Stress is part of every day life. It is “a non-specific response of the body to any demand or challenge”.



Stress can be anything that:

- threatens us
- challenges us
- scares us
- worries us
- thrills us



It can be real or imagined, healthy or unhealthy.



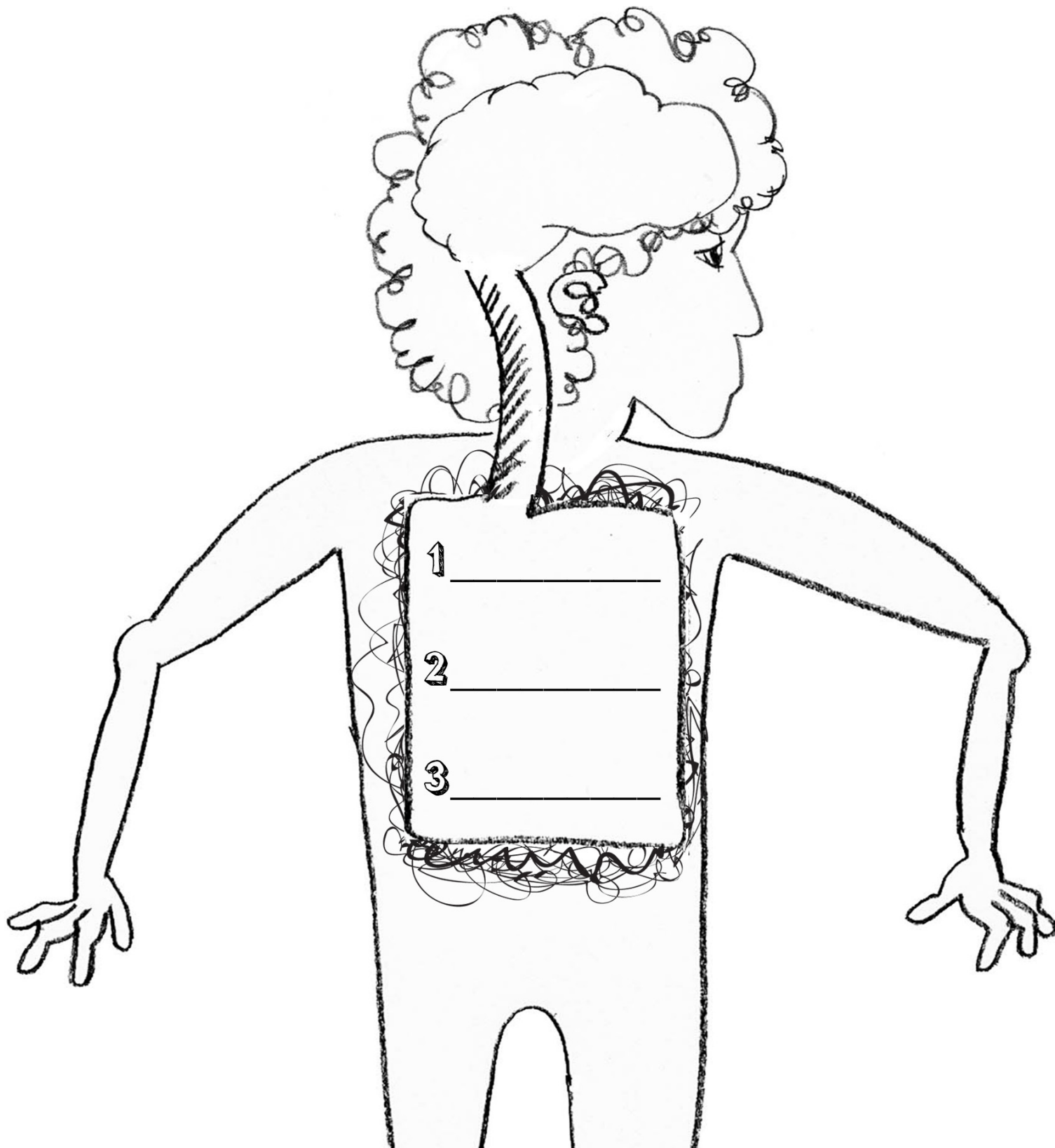
What stresses people out is different from one person to the next.



Some stress in our lives is necessary to feel alert and energized and helps us to perform better.



# What stresses me out?



Write or draw on or around the caveman

What are you feeling?

What are you thinking?

How are you behaving?



## Physical

Stress affects each of us in different ways. So how do you react when you feel stressed? Stress goes way back to the caveman days when we needed to react quickly in order to avoid being eaten by predators. This is what we call the “fight or flight” response. It gets your body ready to do battle or run like the wind at the first sign of danger. In other words, it gets you all fired up. The problem is that when you feel threatened, your body still responds like the caveman and you’re instantly ready to physically and emotionally fight or flee. You may not always be able to control your physical reactions, but you can decide how you will cope with your stress.

## Emotional / Behavioural

## Healthy Coping Strategies

---

---

---

---

---

---

---

---

## Unhealthy Coping Strategies

---

---

---

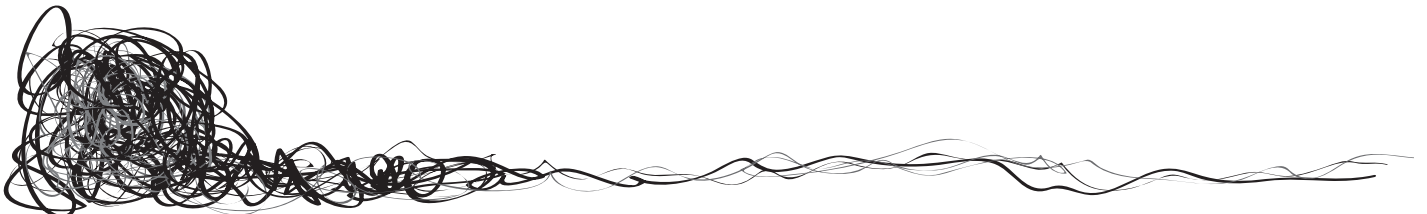
---

---

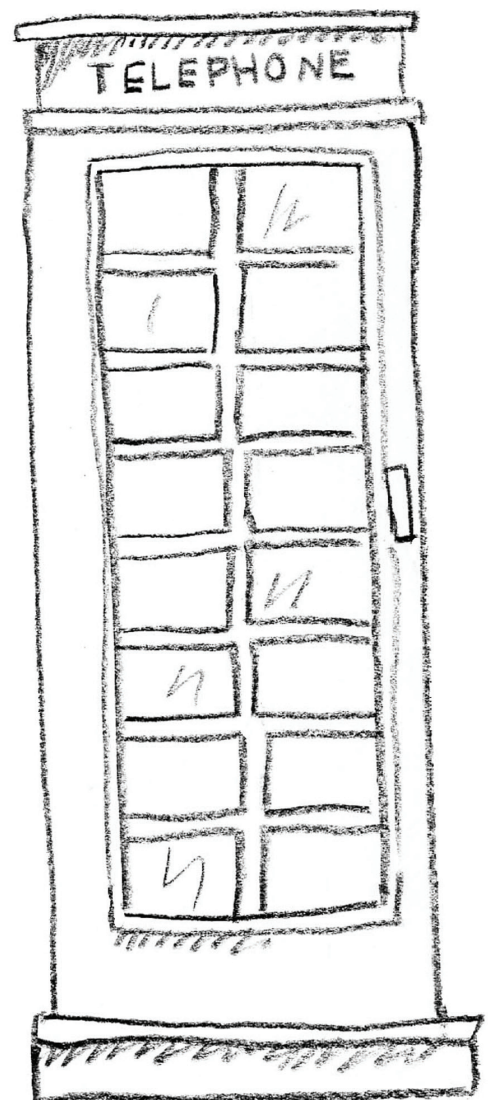
---

---

---



# Who can I talk to?

[illegible]

# Kids Help Phone Line

**1.800.668.6868**

**www.kidshelpphone.ca**

**Phone counselling – Web counselling – Free – 24/7**

**Anonymous and Confidential - Non-judgemental**

**Check out Self Quest**

# Checkpoint: How am I Doing?

Name two things you do well to cope with your stress,

---

---

---

---

---

---

---

---

---

---

Pick one new strategy you could try to better cope with your stress,

---

---

---

---

---

---

---

---

---

---



## Personal Reflection

It's good to check back regularly on how you deal with your stress.

Did you try your strategy?

---

---

---

Did it work for you?

---

---

---

How often did you try it?

---

---

---

If it worked well, will you continue to do it?

---

---

---

---

---

If it didn't work well, what could you do instead?

---

---

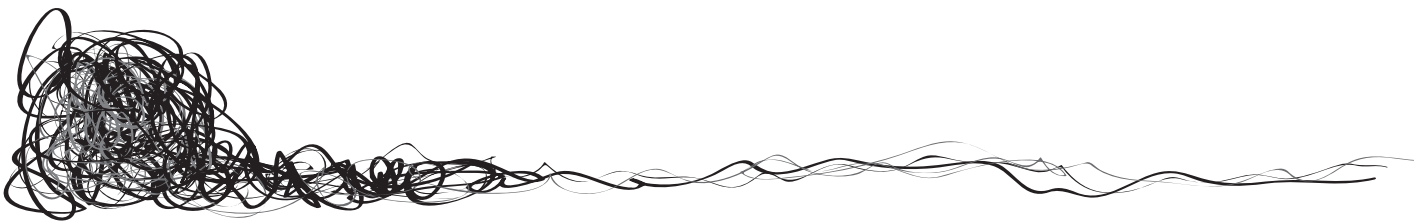
---

---

---

"If you can dream it, you can do it."  
– Walt Disney

# Journal

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# FUEL

# PLAY

# CHILL

# CHAT

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

"...it is about bouncing back from problems and stuff with more power and more smarts."  
- "Sean" (15-year-old high school student)  
From *Resiliency In Schools: Making It Happen for Students and Educators*  
by Nan Henderson and Mike Milstein



*This material should not be reproduced, in part or in whole, without written permission.*