

Lesson 10

Homework: Don't Stress!

Grade 7



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Name: _____

Too much homework. A fight with a friend. Trying to get good grades. These are all demands that can cause stress in teenagers' lives. But what causes stress in adults' lives? Find out by asking an adult in your life about a situation that causes him or her stress. Now see if you can help! Let an adult answer the following questions. He or she may need some help thinking of the answers. Just thinking about these questions is doing something positive, so you're well on your way to helping him or her cope with stress!

Remember to Cope!

- **Coping:** doing something positive to feel better, or situation changed.
- **Avoiding:** situation unchanged and makes you feel worse.

What's the stressful situation? _____

What positive self-talk can you say to yourself to change the way you think about the situation?
(Note to student: You may need to explain positive self-talk to the adult.)

What are some things you can do to calm down? List all the things you can think of.

Where can you get support?

What action can you take to change this stressful situation?

This homework assignment was completed on _____ . _____
(date) [adult] signature