Stress Check-In

Takes two minutes. Circle a number for each (1 is low, 10 is high). No right answers.

Body: how tense or tired do I feel?

1 2 3 4 5 6 7 8 9 10

relaxed very tense

Mind: how racing or foggy are my thoughts?

1 2 3 4 5 6 7 8 9 10

clear racing

Mood: how heavy or on-edge do I feel?

1 2 3 4 5 6 7 8 9 10

light heavy

Energy: how drained am I?

1 2 3 4 5 6 7 8 9 10

full empty

What is adding to my stress right now?

One thing that would help a little

If your numbers are mostly high for a couple of weeks, talk with a parent, school counselor, or other trusted adult. You do not have to handle it alone.

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Overthinking Worksheet

When your mind loops, get it on paper. Separate what is true from what your brain is guessing.

The thought that keeps looping

Facts (what I know)

Story (what I'm guessing)

Worst case

Best case

Most likely

What is in my control? What is not?

One small step I can take (or let go of)

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Coping-Skills Menu

Pick what fits how you feel right now. Check what works for you and add your own.

Quick resets (1–5 min)

- [ ] Slow breathing
- [ ] Cold water on face
- [ ] Step outside
- [ ] Stretch
- [ ] Favorite song

Move

- [ ] Walk
- [ ] Shoot hoops
- [ ] Dance
- [ ] Workout
- [ ] Bike ride

Connect

- [ ] Text a friend
- [ ] Talk to family
- [ ] Hang with a pet
- [ ] Join a group

Create

- [ ] Draw or doodle
- [ ] Write or journal
- [ ] Play music
- [ ] Cook or bake

Rest

- [ ] Short nap
- [ ] Warm shower
- [ ] Read
- [ ] Screen break

Reflect

- [ ] Make a to-do list
- [ ] Name the feeling
- [ ] Gratitude: 3 things
- [ ] Write a note to future me

My top 3: 1. _____ 2. _____ 3. _____

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Self-Confidence & Strengths Journal

Your brain remembers mistakes loudly. This page helps you notice what you do well.

Three things I am good at

A time I handled something hard

What a friend would say is great about me

This week

Day	One thing I did well or am proud of
Mon	
Tue	
Wed	
Thu	
Fri	
Sat	
Sun	

Confidence grows from small actions, not from feeling perfect first.

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