AGES 12–18 PRINTABLE WORKSHEET

The Stress Check-In



WHAT THIS IS

Stress shows up in your body, mind, and mood. A two-minute check-in helps you notice it before it piles up.

HOW TO USE IT

1. Circle a number for each area (1 low, 10 high).
2. List what is adding to your stress.
3. Choose one thing that would help.

EXAMPLE

"Body 7, mind 8, mood 5. Stress: two tests and a fight with my friend. Help: talk to her."

Body: how tense or tired?

1 2 3 4 5 6 7 8 9 10

relaxed — very tense

Mind: how racing or foggy?

1 2 3 4 5 6 7 8 9 10

clear — racing

Mood: how heavy or on edge?

1 2 3 4 5 6 7 8 9 10

light — heavy

Energy: how drained?

1 2 3 4 5 6 7 8 9 10

full — empty

What is adding to my stress?

School · Friends · Family · Sports or activities · Social media · Future · Money · Health · Sleep

One thing that would help a little

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

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.