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Stress-o-meter

Activity Sheet



Everyone experiences stress. It can motivate you and help you grow, but sometimes it can get too much and make life more difficult. The stress-o-meter helps you notice what makes you feel stressed and find ways to handle it that work for you. By learning how to notice and respond to your stress, you strengthen your connection to yourself and build skills to stay balanced and well.

This can also support your choices about using substances and devices by finding other ways to cope and recharge.

Instructions

1. Use the Stress-o-meter to identify your main stressors.
2. Circle a number from 1 (low stress) to 10 (high stress) to show how each situation feels for you.
3. Reflect on your answers and think about coping strategies you could use to help yourself.
4. If working with a partner, share your ideas about coping strategies.

Stress-o-meter	1= Low stress	10=High stress								
Writing a test	1	2	3	4	5	6	7	8	9	10
Doing a classroom presentation	1	2	3	4	5	6	7	8	9	10
Playing on a sports team	1	2	3	4	5	6	7	8	9	10
Playing video games	1	2	3	4	5	6	7	8	9	10
Forgetting something you need	1	2	3	4	5	6	7	8	9	10
Arguing with a friend	1	2	3	4	5	6	7	8	9	10
Talking to a new friend	1	2	3	4	5	6	7	8	9	10
Moving to a new school	1	2	3	4	5	6	7	8	9	10
Learning a new skill (like cooking)	1	2	3	4	5	6	7	8	9	10
Not being able to sleep	1	2	3	4	5	6	7	8	9	10
Having limits on screen time	1	2	3	4	5	6	7	8	9	10
Your choice	1	2	3	4	5	6	7	8	9	10



School Mental Health Ontario

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Reflect

- Do you notice any patterns in what stresses you out the most?
- What are two coping strategies that work well for you? *Everyone copes with stress differently. Some people like to move, listen to music, draw, or talk with someone they trust.*
- Consider sharing your strategies with a friend!

1. _____

2. _____



Here are a few ideas for coping strategies from other Ontario students!

- Go for a walk, ride your bike, or play a sport.
- Listen to music or play an instrument.
- Talk to a friend, family member, or teacher.
- Write your thoughts in a journal.
- Do something relaxing like reading or stretching.



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