

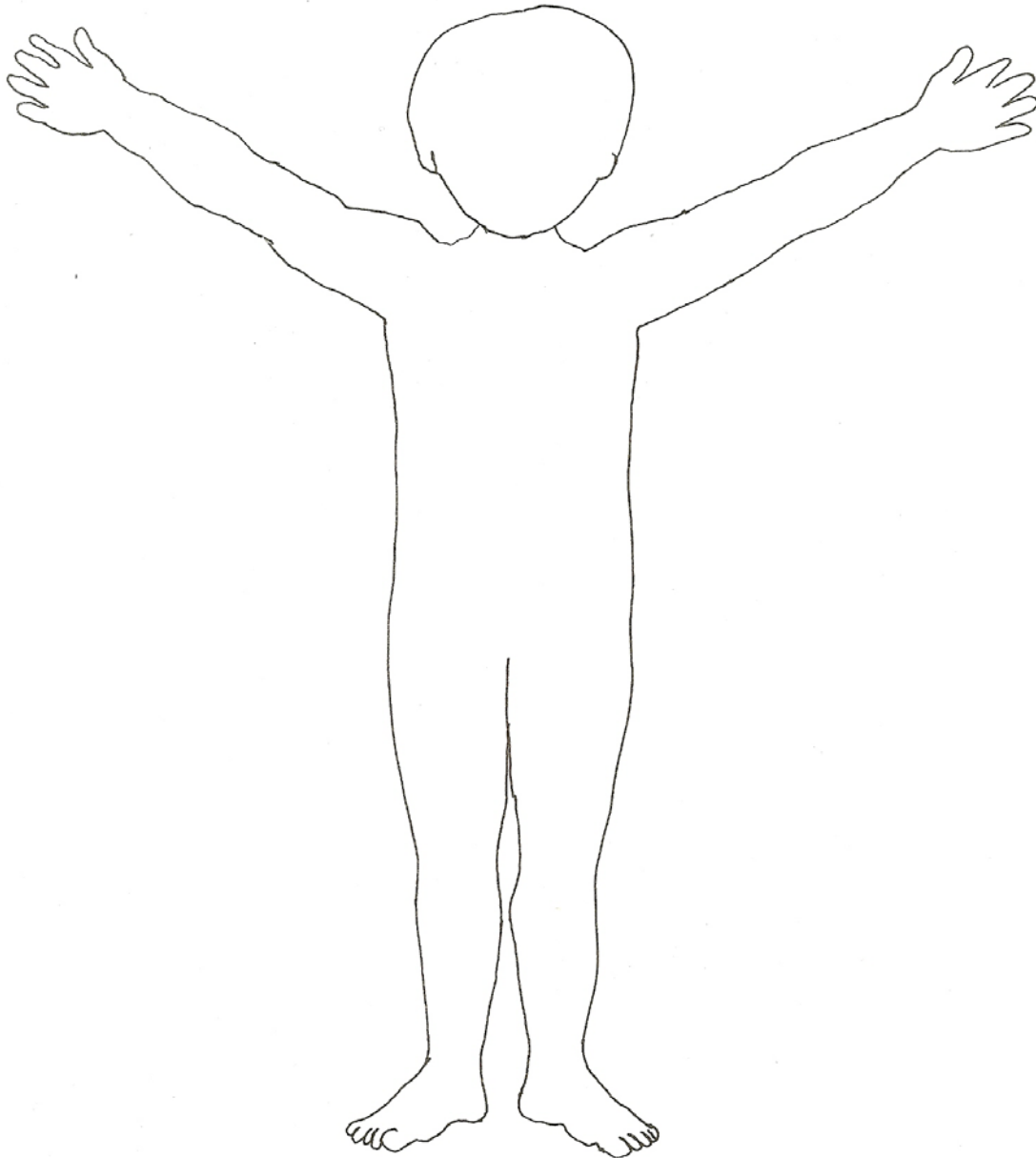
My Anti-Stress Diary



Your secret code: _____

Indicate your stress reactions

In order to deal with stress effectively, you first need to realize how stress feels. Therefore, please indicate in the picture below, in which areas of your body you can feel stress-related symptoms.



Quelle Bild: <http://www.ihvo.de/wp-content/uploads/2013/03/Arbeitsblatt-1.jpg>

„Stress“

We are looking for: „Stress“

When have you last experienced stress?

How did you recognize it was stress?

What happened?

What did you do to reduce the stress?

I am proud of...

Please write all the things down you are proud of. It does not have to be school-related, just tell us what you are proud of.

I'm proud that...:

... _____

... _____

... _____

... _____

... _____

... _____

... _____

... _____

... _____

My schedule

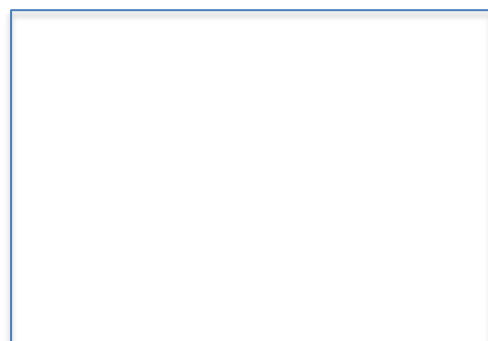
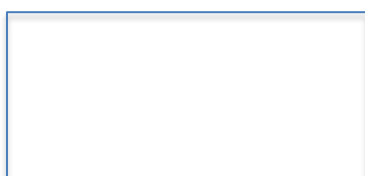
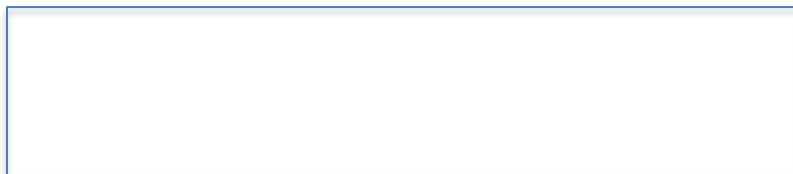
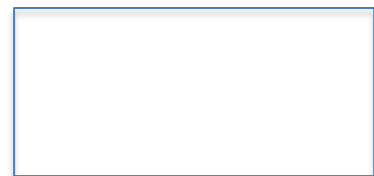
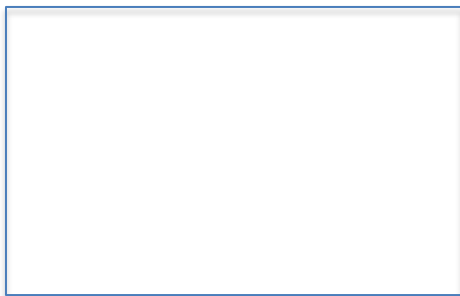
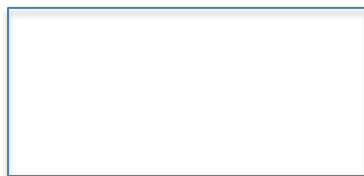
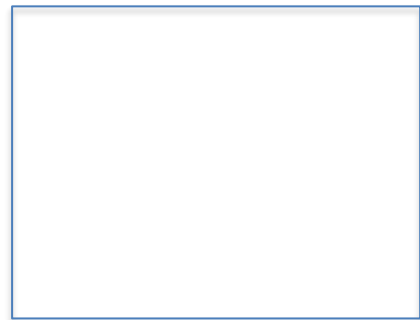

You can use this schedule to write down all the things you have to do at some point during this week.

Planning helps you to reduce your stress.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							

Things I can do when I'm stressed

Please write down ways to deal with stress into each square. Think about stress-related situations at school, at home or during your free time.



Stress Story

Please read the following comic. We are going to ask you some questions about it later.







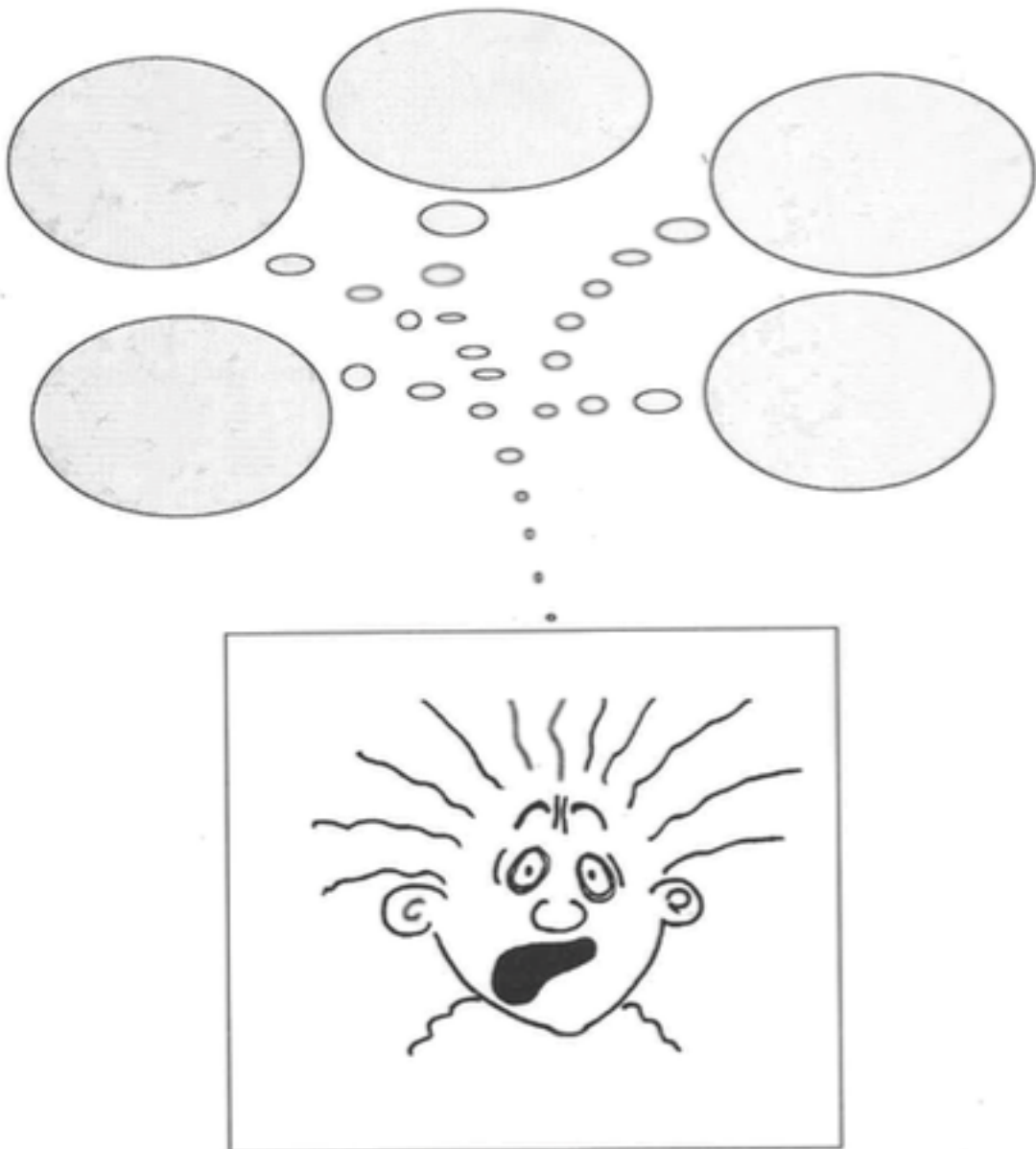
Why is the kid stressed?

Can his thoughts help him to feel better?

Are there any other thoughts you know of, which can lead to stress?

What I'm thinking about when I'm stressed

Please write down your typical thoughts when you are experiencing stress into each bubble.



My schedule





























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Morning							
Afternoon							

Things I enjoy!

How much do you enjoy the following activities?

	A lot of fun	some fun	a little fun	no fun at all
Listening to music				
Reading				
Hanging out with friends				
Doing handicrafts				
Swimming				
Making music				
Playing alone				

A lot of fun some fun a little fun no fun at all

Painting				
Joking around				
Sports				
Watching TV				
Hanging out				
Going for a walk				

Other things I really enjoy:

Please write down all the things you really enjoy doing and indicate for each activity how often you are doing it.

	often	sometimes	seldom	never
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	often	sometimes	seldom	never
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	often	sometimes	seldom	never
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	often	sometimes	seldom	never
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

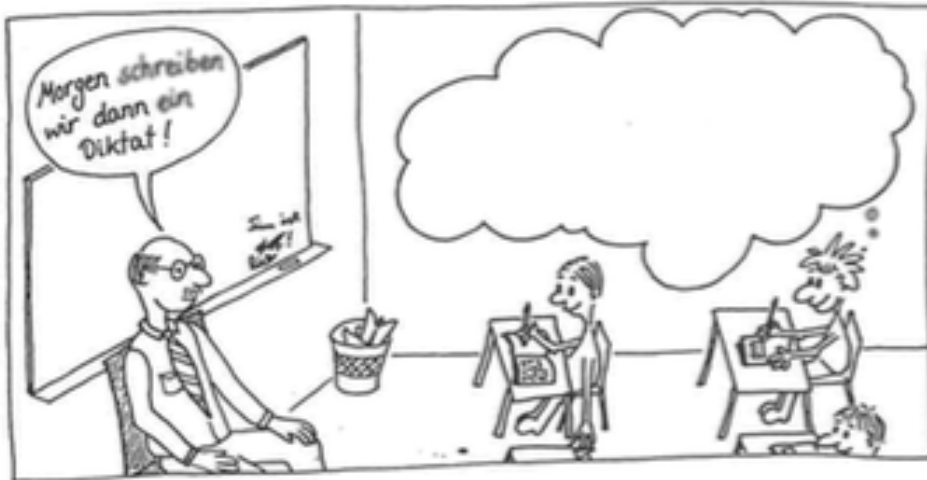
	often	sometimes	seldom	never
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

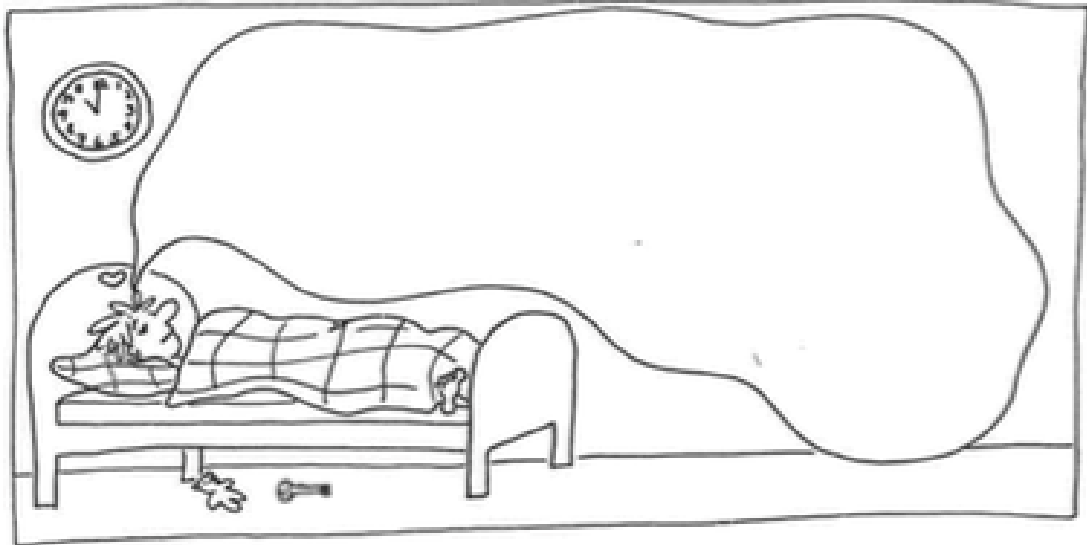
	often	sometimes	seldom	never
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	often	sometimes	seldom	never
_____	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Stay loose

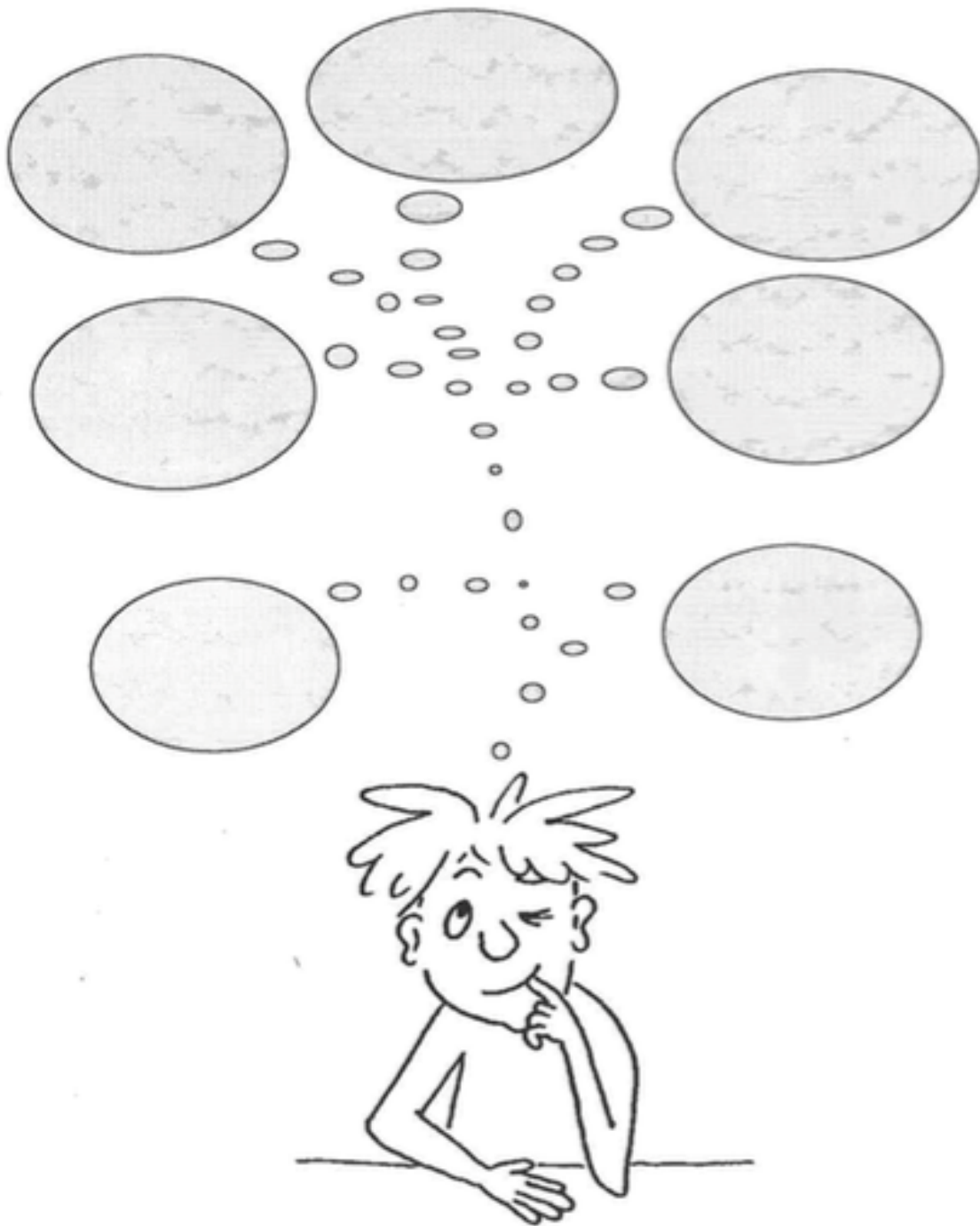
Please read the following comic and fill out the bubbles: What is a kid thinking that does not experience stress in these stories?





What can I think “against” stress?

Please fill out the bubbles: What can you think about to reduce stress?



How to deal with stress

Situation	Stress response	Stress killer
In which situations do you feel stressed?	What do you feel when you are stressed? How does your body feel? What are you thinking about?	What can you do to get rid of the stress?

My schedule

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Final questions

Our stress training is almost over. We would like to know whether you liked the training, therefore we would like to ask you to answer the following questions:

Do you have the impression that you can deal with stress more effectively now? Why?

What did you like about our training?

What didn't you like about our training?

What have you learned?

If your friends asked you if it makes sense to participate in this training, what would you tell them?
