



# Stress to Calm Guide



## **LIFE SKILLS FOR CONFIDENCE**

**Empowering Teens and Tweens with  
Critical LIFE Skills to Grow Confidently.**

[Lifeskillsforconfidence.com](https://lifeskillsforconfidence.com)

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# STEP 1 TAKE STRESS QUIZ

## What Are you Stressed About?

(Put a checkmark on all that applies)

### Personal Stresses

- \_\_\_ My Diet & Weight
- \_\_\_ Receiving Affection
- \_\_\_ Giving Affection
- \_\_\_ Expressing How I Feel
- \_\_\_ My Mood swings
- \_\_\_ Exercising
- \_\_\_ Making Others Happy

### Internal Stresses

- \_\_\_ Personal Appearance
- \_\_\_ Friends
- \_\_\_ Girlfriend/Boyfriend
- \_\_\_ Homework
- \_\_\_ Chores at Home
- \_\_\_ Lonely
- \_\_\_ Afraid

### Future Stresses

- \_\_\_ Money
- \_\_\_ Future Career
- \_\_\_ Future Family
- \_\_\_ The Environment
- \_\_\_ I'm Overwhelmed

### External Stresses

- \_\_\_ Social Commitments
- \_\_\_ School Work
- \_\_\_ Sports/Practice
- \_\_\_ Parents
- \_\_\_ Responsibilities At Home

## What Else are you Worried about?

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# STEP 2 IDENTIFY

*Begin to examine what You have allowed to stress you out...*

What are you **Feeling** about your stress?

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What do you **Think** about your feeling?

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What **Actions** can you take to resolve your stress?

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What can be done to resolve the things you're stressing about?

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What will happen if You don't release the stress?

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# STEP 2 CONTINUED

## ***Tips to work through Stress...***

**How are your thoughts helping you to process your feelings?**

- Do they give you insight, patience, or control?
- Do you see circumstances you were not previously aware of?

**Does your thought require an action? What action can you take?**

Examples:

- Take a time out
- Withdraw from the activity for a time
- Set priorities
- Set Boundaries

**What can be done to resolve the things you're stressing about?**

Examples:

- Walk away, detach, remove yourself from the situation
- Reduce the number of your activities or distractions
- Change things to release or redirect the stress
- Create a mutually beneficial solution and agree to a plan
- Confront your stress head-on

**What will happen if  
You don't release the stress?**

- Your dis-ease may become a disease that allows sickness
- If you experience too much stress, it can kill you

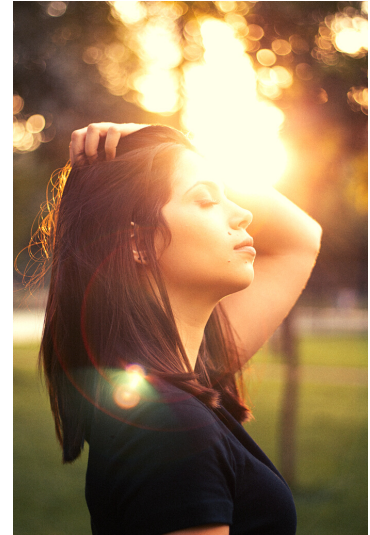


# STEP 3 TAKE CONTROL

## Do you know how to relieve or change it?

### Here's a few Techniques:

- **Take 3 or more deep breathes, stretch, and relax.**
- **Focus on the energy moving through your body:**  
Your body works as a whole  
Your body is your property
- **Stop your random thoughts that catch your attention**  
Command your random thoughts to go away  
Choose not to be affected and maintain  
your inner peace
- **Create an inner peaceful place**  
Visualize your peaceful place in every detail  
Go to it for relief from stress
- **Physically release the things that have you stressed out**



### Recreate your inner calm and Take care of yourself

- Be positive and rewrite the problem to find a more positive outcome
- Rest to give yourself time to allow the solution to come to the surface of your thoughts and feelings
- Examine your cycle of stress and tension building to avoid a blowup or crisis
- Keep your goal of being calm

**How can you relieve, change, or control the things that are Stressing you out?**

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# STEP 3 TAKE CONTROL CONTINUED

**Your overall goal is to achieve an Inner Calm and Maintain it, No matter what...**

- You are a secure person who has the essentials.
- You know yourself, your attributes, and your drawbacks.
- You have your feet “firmly planted” in life. Is that correct?



**Then why does stress come into the picture?**

Everyday living brings obstacles, difficulties, and complications. True. So, you can see how easy it is for everyone to experience Stress.

**How do you deal with it? Remember Stress has a certain feel.**

- **Identify** when you're feeling stressed? Perhaps it's confusion or anxiety. Is it more pressure or physical pain like a stomach ache or headache?
- **Control** Use the Techniques you learned in this guide to help control your stress

## 9 Steps for Creating Inner Calm:

**Let's step away from stress for the next couple of minutes & relax.**

1. Relax your shoulders and neck.
  2. Take a few deep breathes and slow down. RELAX!
  3. Breathe deep and look for the movement of your own energy, moving through your body.
  4. All parts of your body, seamlessly working together! Filling you with renewed life! Breathe Deep.
  5. Now that you have taken charge and calmed yourself. You can see you are breathing slower and more fully. Continue to relax your body and your mind.
  6. Stop your random thoughts that catch your attention.
  7. Give your mind permission to stop for a while. Learn to stop the talk in your head, upon command! This takes practice, so keep practicing.
  8. After you relax, see what you think and feel about your stressors.
  9. Write them in your journal or below
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# STEP 4 BELIEVE IN GOOD OUTCOMES

**Trust that only good outcomes will come to you because  
Worrying is useless and has No power to help.**

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**Keep your Stress under control, because you are  
the only one who can do this!**

- Keep an eye on the amount of stress you allow into your life and mind.
- You have so much ahead of you
- Continue to be mindful of what you do, as you transition to the next steps of becoming a Young Adult.



**You have control over your life and your parents are there  
to support you!**

- Let them help you work through your conflicts.
- **If you are afraid your parents are going to lecture you, try starting the conversation by saying, "Can I use you as a sounding board while I try to figure out this issue? Please, try not to give me advice or worry, just listen to me for now. I need to learn how to work through my own stress because I will be an adult real soon."**

**"The power to keep stress under control is obtainable.  
Keep your Stress under control, because you are the only one  
who can do this!"**

Thanks for investing in your future by balancing your inner peace and keeping your stress level down! [Check out our full lessons](#) for more Life Skills that will empower you to live a meaningful life!

*Enjoy your day!  
Addie & Claudia*



*Quiz, Identify, Control and **Believe in Good Outcomes***