

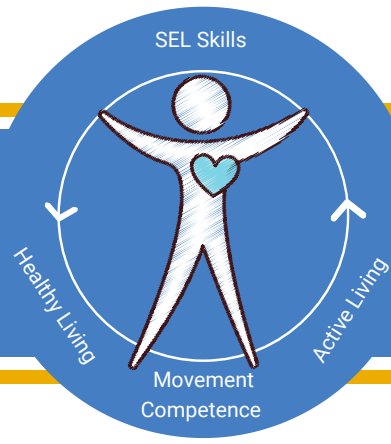
# Copy Master #2: Check & Reflect

From the #OpheaOpenClass Welcome Back Choice Board

Every day, you are exposed to big and small challenges that can contribute to feelings of stress. As you learn stress management and coping skills, you come to recognize that stress is a part of life and that it can be managed.

Think about what your mind and body looks like, sounds like, and feels like when you are having feelings of stress. Take some time to complete the chart below.

<p><b>Take a look at the stick figure below and circle to identify where you feel stress.</b></p>	<p><b>Describe what your feelings of stress may look/sound/feel like.</b></p>
	Empty space for student response



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Learning healthy ways to respond to challenges and feelings of stress is an important tool throughout your life. This takes time and practice!

- 1) How do you know when your body needs physical activity?
- 2) Describe how you feel during and after physical activity.
- 3) Which strategy in your toolbox might you use to feel good? How will you know it is effective?

In the toolbox below, draw or write down some strategies that can help you manage stress in a safe and healthy way.

