

How Stressed Are You Today?

Look at the scale below and circle the number that shows how stressed you feel today.

- **1** = Calm and relaxed
- **2-3** = A little stressed, but manageable
- **4-5** = Feeling somewhat stressed
- **6-7** = Really stressed, but I can cope
- **8-9** = Very stressed and I need help
- **10** = Overwhelmed, I'm really stressed right now

Today I feel like:

Circle your stress level:

1 2 3 4 5 6 7 8 9 10

Why do you feel this way today?

(Write what's been making you feel stressed.)

What could help you feel less stressed today?

(Think about things like breathing, talking to someone, taking a break, or playing outside.)

What helped you feel better today?

(Check off the things that helped you feel calmer or less stressed.)

- ☐ Took deep breaths
- ☐ Talked to a friend
- ☐ Played outside
- ☐ Listened to calming music
- ☐ Read a book
- ☐ Talked to a family member
- ☐ Did something creative (drawing, coloring, etc.)
- ☐ Other: _____

How do you feel now? (After trying something to calm down, how do you feel now? Circle one!)

1 2 3 4 5 6 7 8 9 10