

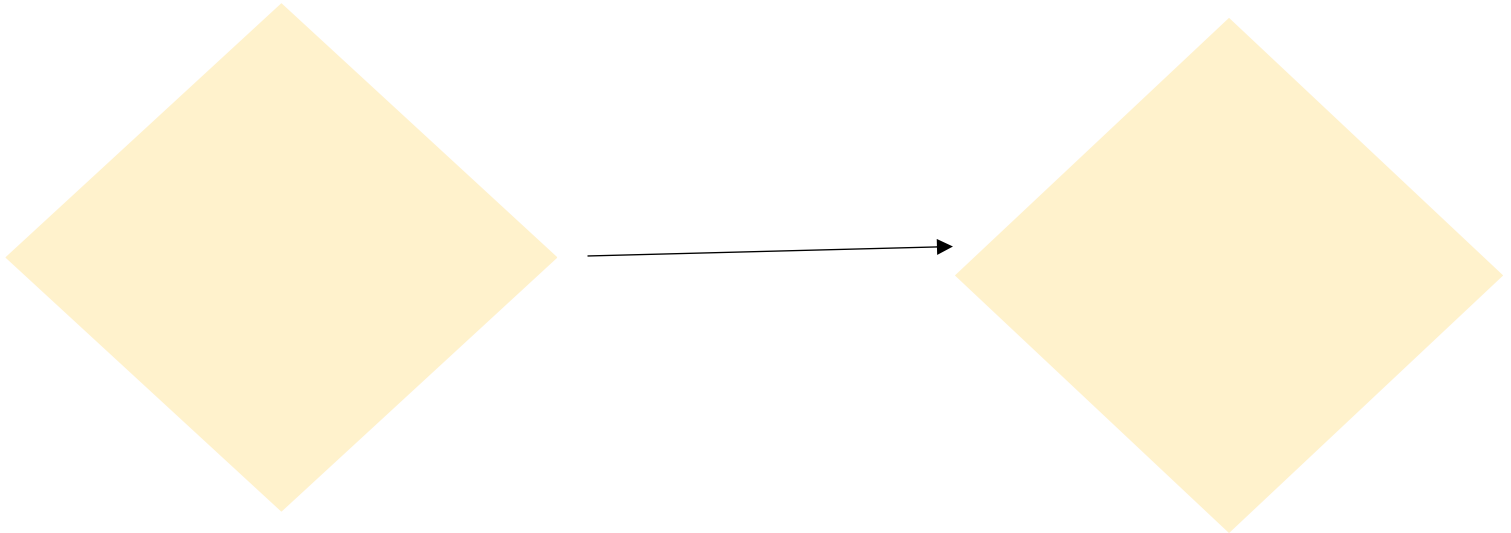
Stress Management Activities

Letting Go

In the Diamond below, jot down some of the 'internal stresses' that you have. These are the stresses that come from within us. An example of this could be 'I'm going to fail my assessment'. In the diamond to the right, jot down whether you can control this or not. If you can't 'i.e. you've already handed in the assessment', you can begin the process of letting go of this stress. If you can control the stress, think about how you will ensure you do this, 'i.e. to ensure I don't fail my assessment, I will start it early and meet with my tutor for a planning meeting'.

Internal
Stresses

Can I control
this stress?



Positive Thinking Activity

When you are stressed, you can be hard on yourself unnecessarily. In order to tackle this, it can be a good idea to jot some ideas down about what you like about yourself, what you are good at and what are some of the achievements that you have made that you are really proud of. For example, you could say you like that you are so dedicated, you are good at running and you are proud of getting a place on the course you are currently on. Doing something like this can encourage you to focus on the positive, rather than the negative. Thus, reducing your stresses. Below you can try this out for yourself.

What I like about myself?

What I am good at?

What am I proud of?