

Stress Checker worksheet

HOW DOES GOING TO WORK//SCHOOL
SEEM TO AFFECT YOUR
MENTAL HEALTH?

DO YOU THINK THAT THERE ARE A FEW
SPECIFIC HABITS THAT NEGATIVELY
AFFECT YOUR MENTAL HEALTH?

HOW COULD YOU CHANGE YOUR HABITS
OR ROUTINE TO AVOID HURTING YOUR
MENTAL HEALTH?

WHAT ARE SOME NEW HABITS YOU
CAN FORM TO REGULATE YOUR
MENTAL HEALTH ?

DO YOU CONSTANTLY FEEL LIKE YOU
HAVE TOO MUCH ON YOUR PLATE?
HOW DO YOU THINK YOU
CAN CHANGE THAT?

DO YOU THINK YOU CAN CHANGE
YOUR MINDSET TO MAKE IT
LESS OF A TOLL?

