



Name: .....

Date: .....

# Managing Stress and Anxiety: Independent Learning Guide

The role models in the video “Managing Stress and Anxiety” explain how they manage their own stress and anxiety. They list specific tips and tricks that can help anyone learn to feel less stressed or anxious.

Watch the video “[Managing Stress and Anxiety](#)” at least once. Then read each statement below. Think carefully about each question before you answer it.

- 1. **One role model asked listeners to consider whether your worry is really worth worrying about.**

What did she mean? Can you think of some examples of things that aren’t “worth worrying about”?

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- 2. **Stress and anxiety is a part of life that can’t be avoided. But taking the time to step back and slow down your thoughts can help.**

When was the last time you felt stressed or anxious? What did you do to help calm yourself down or slow your thoughts? Did it work or is there something else you could try next time that might be better?

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3. Support systems don't come automatically. In fact, we learned that building support systems is "...something that you really have to take the initiative to do."

If someone didn't have a support system, what steps might they take to build one?

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Do you think that the support system you have now will be the same for your entire life or do support systems change over time? Explain your thinking.

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4. In the video, one role model mentioned that you should consider the people that you're around. She said that sometimes the people you're around can make you anxious.

Can you think of an example from your life or from books, TV, or movies where stress or anxiety was caused by other people? Explain the situation.

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If you realize that a person or group of people is making you stressed or anxious, what might you do?

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**5. Many of the role models spoke about making yourself a priority.**

What does it mean to make yourself a priority?

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Thinking back over the past few weeks, do you feel like you're good at making yourself a priority or is it something that you need to work on? How do you know?

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**6. One role model told us, "You only get one life to live. It's important to live it to its fullest, but it's also important to take care of yourself along the way."**

What do you already do to take care of yourself? What else could you do?

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