

Family and old friends can be both wonderful and stressful. Use this worksheet to identify some wellness practices that will help you build resilience and handle stress as it comes over the break. Post it somewhere you will see often!

## SOURCES OF SUPPORT

Who can you contact for support when you are stressed?

Friends:

Family:

Professionals (counselor, doctor):

## FREE, ANONYMOUS, CONFIDENTIAL RESOURCES

Crisis Text Line: Text HOME to 78111

National LifeLine Place Line: 1-800-372-6255

Travis Project: [thetravisproject.org/get-help](http://thetravisproject.org/get-help)  
Supporting LGBTQ+ Youth. Text, phone, & chat options.

## DISTRACTION

Sometimes, having places to go or people to call to distract yourself from stress can be helpful.

What are some **places** you can go during break for distraction (examples: take a walk, a coffee shop)?

What are some **activities** you can use for distraction over break (examples: watch a movie, read a book)?

## SELF-CARE

Trying to be intentional about your self-care can help your stress levels. Circle the items below you think you could use over break, and fill in some of your own ideas!

- |                               |                                     |
|-------------------------------|-------------------------------------|
| Drink Enough Water            | Go for a Walk                       |
| Keep a Healthy Sleep Schedule | Schedule Breaks for Me Time         |
| Take a Coloring Break         | Keep a Gratitude List               |
| Watch a Movie                 | Take a Deep-Breathing Break         |
| Set Boundaries with Family    | Tell Yourself Positive Affirmations |
| Keep a Journal                | Stretch Your Muscles                |
| _____                         | _____                               |
| _____                         | _____                               |

## POSITIVE COPING SKILLS

List some healthy ways that you deal with stress (examples: listen to music, coloring, go for a walk):

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