

## **Stress & Coping Check-In**

**Focus:** Mental health resilience and coping mechanisms

**Purpose:** To assess how students manage pressure and find balance

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### **Section 1: Identifying Stress**

1. **What has been the most stressful part of your week?**  
*(Be honest—school, home, friendships, or anything else.)*
  2. **On a scale of 1–10, how stressed do you feel right now?**  
*(1 = very calm, 10 = extremely stressed)*
  3. **How do you know when you're feeling too stressed?**  
*(What signs or signals does your body or mind give you?)*
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### **Section 2: Coping Strategies**

4. **What do you usually do to cope with difficult thoughts or emotions?**  
*(e.g., music, walking, talking to someone, shutting down, journaling, etc.)*
  5. **Is your current way of coping helping or hurting you in the long run?**
    - Mostly helping
    - A mix of both
    - Mostly hurting
    - Not sure
  6. **Have you had support when feeling overwhelmed recently?**  
*(Who or what helped, or did you feel alone?)*
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### **Section 3: Balance and Resilience**

**7. Are you getting enough sleep and rest lately?**

- ☐ Yes, I feel well-rested
- ☐ Somewhat, but I could use more rest
- ☐ No, I've been feeling very tired
- ☐ I'm not sure

**8. What's one small habit you could build to manage stress better?**

*(Think about something realistic like going to bed earlier, breathing exercises, or reducing screen time.)*

**9. What advice would you give a friend going through the kind of stress you're facing right now?**