

My Stress Survival Kit (Unit 5 Assessment)

Proactive Part I: Avoiding Stressful Misunderstandings by Listening Deeply

In your own words, list the steps you will consistently take to make sure you are doing Deep Listening when having meaningful conversations to avoid later misunderstandings.

Proactive Part II: Long-term Stress-Reducing Coping Skills

What “**Healthy Self-Expression**” coping skills (2-3) will you do regularly to reduce your overall stress?

What materials do you need to have on-hand to be able to do these things?

When will you do these? How will you make sure you are doing them regularly?

What “**Mindfulness and Balance**” coping skills (2-3) will you do regularly to reduce your overall stress?

What materials do you need to have on-hand to be able to do these things?

When will you do these? How will you make sure you are doing them regularly?

Reacting to Stress Part I: Short-term Stress-Reducing Coping Skills

What **“Buying Time”** coping skills (2-3) will you do when your cup starts to overflow?

What materials do you need to have on-hand to be able to do these things?

What **“Limiting Temptation”** coping skills (2-3) will you do when you feel your cup starting to fill up?

What materials do you need to have on-hand to be able to do these things?

What types of situations will you use these coping skills for?

Reacting to Stress Part II: Self-Advocacy in the Face of Stressful Conflict

In your own words, describe the 5 steps to effective Self-Advocacy when you need to speak up.