



personalized

DE-STRESS CHEAT SHEET

Ages 14 to Adult



personalized

DE-STRESS CHEAT SHEET

Tips for Use

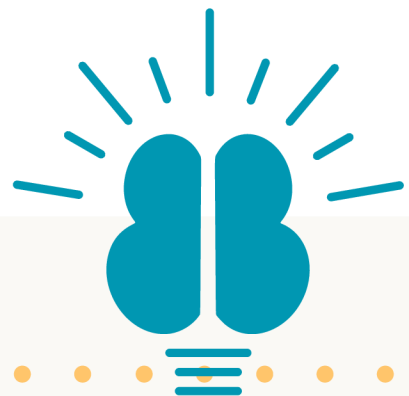
To make the most of this cheat sheet, **start by reading [Why You Still Feel Stressed...even after the stressor is gone](#)** from our *Say It So It Sticks* library.

Then, create your own personalized cheat sheet.

- Notice what actually helps your system release stress
- Make a short, realistic plan you can return to when things feel heavy
- Remember—you don't need to do everything. A few small, repeatable choices go a long way.

You may also find this practice more sustainable when shared. Consider using it with a partner, friend, or small group to build in companionship and gentle accountability.

You are actively choosing to de-stress in a world where more stress is always around the corner. Well done!



My De-Stress Cheat Sheet

Unfortunately, stress doesn't go away just because a stressor is gone. When we feel stressed, our bodies and brains need a way to release the chemical and electrical signals that are flying around saying, "DANGER, ACTIVATE! SHUT DOWN!"

We need to complete the stress cycle!



Note to self:
Here's how I will get more _____
in my life to de-stress.

**List a few people you
can text, call, or reach
out to in times of stress.**

**List a few "Bright Spots" or helpful
thoughts to hold onto in tough times.**

**Who and what do you need to *avoid*
to complete the stress cycle?**



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TERMS OF USE



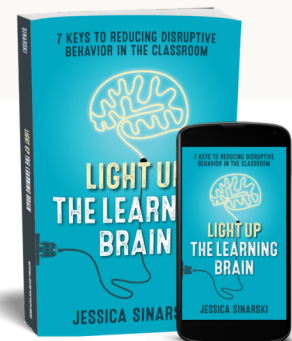
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