

WHEN I FEEL WORRIED...

I can speak to:

I can try this breathing activity:

I can tell myself:

- ☐ This is tough but **so** am I.
- ☐ I can always **ask** for **help**.
- ☐ I can **focus** on things I can **control**.

I can go outside and:

It's **SAFE**
to feel
my **FEELINGS**

I can try these things to feel better:

Big Life Journal

Give
someone
a hug

Write in
a journal

Hum or
sing a
song

I can move my
body by:

I can listen to:

FEELINGS
COME
AND
FEELINGS
GO



STEPS TO HELP CHILDREN *Cope with Stress*

Big Life Journal



REFRAME STRESS

Help your child shift from a “stress hurts” mindset to a “stress helps” mindset.
Some level of stress is beneficial and presents opportunities for growth.



SHIFT FROM A FIXED TO A GROWTH MINDSET

Help your child look at the situation from a growth mindset perspective: it's not fixed, it can be improved, and they do have the power to influence the situation.



STOP CATASTROPHIC THINKING

Do the worst case scenario exercise.
Ask your child, “What’s the worst thing that could happen?”



Caution: do not dismiss their worry!



PRACTICE PROBLEM-SOLVING

Brainstorm solutions, doing more listening than talking. Think through the positive and negative consequences of each proposed idea, then choose one.



USE STRESS-MANAGEMENT TECHNIQUES

Use techniques like deep breathing, stretching, listening to music, meditation, and practising mindfulness.



Enjoy Your Free Printable!

By downloading this file, you are agreeing to the ["Terms of Use"](#).

Reselling of Big Life Journal printables is strictly prohibited. Posting Big Life Journal files or download links on websites, on social media, inside forums, in virtual classrooms, on personal or organization storage sites (Google Drive, Dropbox, etc.), inside chats, inside Facebook groups, and the like is strictly prohibited.

Forwarding our newsletter with the printables to your friends, colleagues, family, etc. is permitted.

You may only print Big Life Journal printables for your personal or classroom use. No other use is authorized. Please email hello@biglifejournal.com to request a specific use for our printables.

You may not use Big Life Journal printables (free or purchased) in your professional practice with clients (coaching, therapy, private classes and the like) without purchasing a professional licence. For more information about professional licences, please contact support@biglifejournal.com

It is illegal to reproduce or distribute copyrighted material without the permission of the copyright owner.

<https://biglifejournal-uk.co.uk/pages/terms>