



Stress Management and Wellness Plan

The following activity is part of our 14-day #eDLProjectShare series. The activity is extracted and modified from our high school, [Renewable Technologies: Introduction](#) course, Unit 1: Introduction to Renewable Energy Technologies.

Directions:

1. Complete the following activity. Use the rubric located below the activity to assess how you are completing each of the required components.
2. (Optional): Feel free to share your project progress or the final project with a short video or picture on Twitter or Facebook using the hashtag #eDLProjectShare @eDynamicLearning. *If you are under 18, you must have your teacher or parent or guardian's permission to post.
3. (Optional): For teachers and parents looking to use as a graded activity, a rubric worth 15 points is located at the bottom of the activity.

Activity: Stress Management and Wellness Plan

It's time to put your knowledge to work to help you create a wellness and stress management plan that will work for you. This will require that you think deeply about yourself and your habits and be willing to be honest about the areas that you can improve on. For each item on the list, rate where you are at today on a scale of 1-10, with 10 being terrific and 1 being needs work. Make sure to include details of each item in the "notes" column. Here, you can note things that you already do to take care of yourself, or you can detail an action you plan to take to address this item.

**Table 1: Tackling Problems**

Activity	How Am I Doing? 1-10	Notes and Action Plans
When I have problems, I will ...		
Take on problem at a time.		
Break bigger problems down into smaller steps.		
Seek advice from family members.		
Avoiding Stress When Possible		
I avoid people who stress me out. (List three)		1 2 3
I avoid things that stress me out. (List three)		1 2 3
I avoid places that stress me out. (List three)		1 2 3
Letting Things Go		
Here are three things I worry about that I will try to let go of.		1 2 3
Here is a time that I took something personally that really wasn't about me. I'll try to remember not to do this in the future.		



Table 2: Taking Care of My Body

Activity	How Am I Doing? 1-10	Notes and Action Plans
Exercise		
Here are three activities that I can perform for at least 20 minutes every other day to give my body a good workout.		1 2 3
When I am stressed out, here are three physical activities I can do to help me calm down and destress.		1 2 3
Active Relaxation		
My plan for teaching myself to relax is: (can included yoga, baths, meditation, deep breathing, etc.)		
Healthy Eating		
I don't skip meals.		
I rarely drink soda or sugary drinks.		
I drink plenty of water.		
I eat small portions.		
I rarely eat greasy foods or snacks.		
I eat fruits, vegetables, and whole grains.		



Table 2: Taking Care of My Body ... continued

Activity	How Am I Doing? 1-10	Notes and Action Plans
Sleep		
I have a plan to get a full night's sleep every night.		
I use my bed for sleeping only – no homework, no TV, no phone, no reading – just sleeping.		
I make sure to exercise or drink caffeinated beverages at least four to six hours before my bedtime.		
I dim the lights, stop using devices with screens, and start relaxing one hour before bed.		
Medical		
I regularly go to my doctor for health checkups or when I feel unwell.		
I use good hand hygiene and avoid behaviors that put me at risk for communicable diseases.		



Table 3: Taking Care of My Emotions

Activity	How Am I Doing? 1-10	Notes and Action Plans
Social Health		
I have friends and family members to confide in when I have problems.		
I participate in social or community activities every week.		
I am an active member of my community: at school, in church, in my neighborhood, and/or in clubs or hobbies.		
Emotions		
I take regular mini-vacations to relax and clear my mind: read a book, take a bath, watch a movie, go to the park, etc.		
I take time to express my emotions by: journal writing, talking to friends, painting, singing, letting myself laugh or cry.		
Spiritual		
I participate in activities that help me feel valued by society: volunteering, helping others, participating in religious activities, etc.		
I have a sense of meaning and purpose in my life.		



TABLE 4 Grading Rubric

	Stress Management and Wellness Plan
Full Credit	The student's plan is complete, clear, and includes notes or action plans for each section.
Partial Credit	The student's plan is mostly complete, clear, and includes notes or action plans for most sections.
Little Credit	The student's plan is incomplete, unclear, and does not include notes or action plans for most sections.