

NAME: _____

Aligned to the following standards:
FFA.PL-A; FA.PL-C; FFA.PL-E; FFA.PGF; FFA.PG-G; FFA.PG-J; FFA.CS-N;
CCSS.RI.9-10.2; CCSS.RI.9-10.3; CCSS.WHST.9.10.4; CRP.04; CRP.06;
CRP.08

Appendix 4: Wellness in the Worry

Created: Spring 2021 by the National FFA Organization

DIRECTIONS:

Read the "Wellness in the Worry" article in the spring 2021 issue of *FFA New Horizons*. Answer the questions below.

According to the article, what are five stressors impacting people?

1. _____
2. _____
3. _____
4. _____
5. _____

Circle the stressors you are currently facing.

In your own words, define self-care.



Why is self-care important? Explain.

According to the article, what should everyone have to help with stress?

Mark each statement as true (T) or false (F).

1. ____ Taking a walk can be beneficial to mental health.
2. ____ You should not talk to others about how you are feeling.
3. ____ Facebook is a great way to de-stress.
4. ____ Consuming caffeine can help me with my stress and anxiety.
5. ____ Community service/doing something kind for others can help with stress.
6. ____ Meditation can be a great way to de-stress.
7. ____ I should look at myself in the mirror each morning and say something positive about myself.
8. ____ Attending a sporting event, art gallery, etc. can be a great way to de-stress.
9. ____ Yoga can help you de-stress.
10. ____ When stressed, I should just make a post on Snapchat.

Identify ten things that make you happy.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Using the [Healthy Coach Institute](https://www.healthycoachinstitute.com/), identify five new self-care ideas that you would enjoy.

1. _____
2. _____
3. _____
4. _____
5. _____

It is so important to plan self-care into each day. Select three times during the day that you could focus on you and identify what you can do in that moment to practice self care.

Time	Self-care Action
Example: 6:00 p.m.	Example: Ten minutes of journaling

NAME: _____

Aligned to the following standards:
FFA.PL-A; FA.PL-C; FFA.PL-E; FFA.PGF; FFA.PG-G; FFA.PG-J;
FFA.CS-N; CCSS.RI.9-10.2; CCSS.RI.9-10.3; CCSS.WHST.9.10.4;
CRP.04; CRP.06; CRP.08

KEY – Appendix 4: Wellness in the Worry

Created: Spring 2021 by the National FFA Organization

DIRECTIONS:

Read the “Wellness in the Worry” article in the spring 2021 issue of *FFA New Horizons*. Answer the questions below.

According to the article, what are five stressors impacting people?

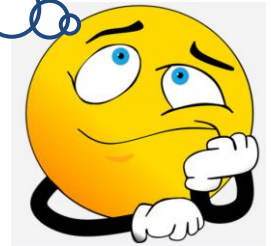
1. Social relationships stress
2. Academic stress
3. Family life stress
4. Zoom fatigue
5. Increased time on

Circle the stressors you are currently facing.

In your own words, define self-care.
Answers will vary.

Why is self-care important? Explain.
Answers will vary.

According to the article, what should everyone have to help with stress?
self-care



Identify ten things that make you happy.
Answers will vary.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Mark each statement as true (T) or false (F).

1. T Taking a walk can be beneficial to mental health.
2. F You should not talk to others about how you are feeling.
3. F Facebook is a great way to de-stress.
4. F Consuming caffeine can help me with my stress and anxiety.
5. T Community service/doing something kind for others can help with stress.
6. T Meditation can be a great way to de-stress.
7. T I should look at myself in the mirror each morning and say something positive about myself.
8. T Attending a sporting event, art gallery, etc. can be a great way to de-stress.
9. T Yoga can help you de-stress.
10. F When stressed, I should just make a post on Snapchat.

Using the [Healthy Coach Institute](#), identify five new self-care ideas that you would enjoy.
Answers will vary.

1. _____
2. _____
3. _____
4. _____

It is so important to plan self-care into each day. Select three times during the day that you could focus on you and identify what you can do in that moment to practice self-care.

Answers will vary.

Time	Self-care Action
Example: 6:00 p.m.	Example: Ten minutes of journaling