

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