**Exercise and Stress**

We all experience stress in our lives. In Job Corps, you might be stressed out about classes, friends, a boyfriend or girlfriend, your future, or your family. Feeling stressed is normal. Sometimes people deal with stress in unhealthy ways, like drinking and smoking. Exercise is a healthy and effective way to handle stress.

Sometime this week, you will probably get stressed out. When you are stressed this week, try exercising. You can go for a walk, go to the Recreation Center, play a sport, or anything else you want to do. As long as it gets your blood pumping, it should help to relieve stress. After you have your stressful moment and you exercise, complete this worksheet.

1. This week, I was stressed out because:
2. Before I exercised, I felt:
3. I exercised by (name the activity):
4. After exercising I felt:
5. Next time I feel stressed, I will consider doing something active.

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| Not likely at all | Not very likely | Neutral | Somewhat likely | Very likely |