

# Stress profile



## Overview of the activity

This activity helps young people assess their stress levels, identify their own stress amplifiers, and design an action plan to better manage stressful situations. The fun and interactive approach makes the exercise engaging and concrete for young people, promoting self-awareness and practical stress management skills.

## Learning goal

Participants will:

- Identify signs of stress through a self-assessment grid.
- Recognize stress amplifiers and understand their impacts.
- Compare their profile with that of the group to encourage discussion.
- Develop a simple action plan to reduce stress.

## Target group

**Age range:** young adults (16-25 years)

**Group size:** 8-15 participants

## Duration

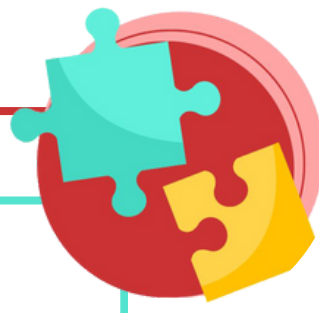
60-120 minutes

## Format

- ☒ In-person      ☒ Adaptable to digital format
- ☐ Included in learning platform

## Materials

- A4 paper or devices with an internet connection
  - Pens
- ☒ Included in this activity:
- “Stress profile” infography
  - “Individual action plan” worksheet
  - Facilitator’s guide



### How to implement

#### **Step 1. Introduction** (6 minutes)

- State the goal: understanding stress to manage it more effectively
- Briefly define stress signals and amplifying thoughts
- Reassure about confidentiality to encourage honest reflection

#### **Step 2. Self-assessment** (13 minutes)

- Two short questionnaires:
  - Stress signals (physical, emotional, cognitive, behavioral)
  - Amplifying thoughts
- Scale: Never (0), Sometimes (1), Often (2)

#### **Step 3. Results & discussion** (13 minutes)

- Participants identify their score/profile:
  - 0-10: Zen master / 11-20: Under pressure / 21+: On alert
- Display anonymized group data visually
- Prompt: "Which stress signals are most common? Why?"

#### **Step 4. Action plan** (15 minutes)

- Choose 1-2 priority signals or thoughts
- Write one small, doable action. E.g., "Stretch for 2 minutes before work"
- Define realistic goals and a timeline for follow-up

#### **Step 5. Wrap-up & feedback** (4 minutes)

- Summarize: awareness + small steps = better stress management
- Collect feedback via QR code or brief verbal round


### Tips for use

- Build trust: emphasize confidentiality of responses to encourage honesty.
- Simplify language: use clear words and concrete examples relevant to youth experiences.
- Encourage discussion: foster open dialogue by asking questions like "What surprised you about your results?".
- Adopt a caring attitude: value individual efforts and offer positive solutions to move forward.
- Use as group or individual activity.
- Works well in hybrid/online setups.
- Use breakout rooms (online) or small groups (offline) for deeper discussions.
- Encourage open sharing but allow silence for reflection.
- Offer visual examples to stimulate creativity in action planning.



## Tools & downloads 🧩

### Tool

-  *"Stress profile" infographic*
-  *"Individual action plan" worksheet*
-  *Facilitator's guide*

## Online resources 🧩

### Tool

-  *Interactive test*

### Link

[Link](#)



# What's your stress profile?






## THE 4 SIGNS TO OBSERVE

Physical	Emotional	Cognitive	Behavioural
Fatigue, tension, palpitations, disturbed sleep	Anxiety, irritability, crying, emotional numbness	Negative thoughts, forgetfulness, difficulty concentrating	Isolation, addiction, nervousness, hyperactivity



Take the test [HERE](#). Your overall score determines your stress profile

Score	Profile	Meaning
0-15	 Zen master	Your stress is mounting, it's time to take action (respiration, etc.)
16-35	 Under pressure	It's time to take action (respiration, rest, etc.)
36+	 On alert	Your stress level is high. Seek help and long-term solutions

MANAGING STRESS IS ESSENTIAL FOR STAYING IN GOOD PHYSICAL AND MENTAL FITNESS!

# Individual anti-stress action plan



Date	• .....
Name	• .....
My stressometer profile	<input type="checkbox"/> Zen Master (0-15) <input type="checkbox"/> Under Pressure (16-35) <input type="checkbox"/> On Alert (36+)
Total score	• .....
My 2 mains stress signals	<ul style="list-style-type: none"> <li>• .....</li> <li>• .....</li> </ul>
My 2 mains stress amplifiers	<ul style="list-style-type: none"> <li>• .....</li> <li>• .....</li> </ul>
GOAL 1: Reduce my stress signals	<ul style="list-style-type: none"> <li>• Goal targeted: .....</li> <li>• This week, I will:</li> <li>• .....</li> <li>• .....</li> <li>• .....</li> </ul>
When?	<ul style="list-style-type: none"> <li>• Monday:.....</li> <li>• Tuesday:.....</li> <li>• Wednesday:.....</li> <li>• Thursday:.....</li> <li>• Friday:.....</li> <li>• Saturday:.....</li> <li>• Sunday:.....</li> </ul>
Progress measurement	<ul style="list-style-type: none"> <li>• .....</li> <li>• .....</li> </ul>



GOAL 2: Transform my amplifying thoughts	<ul style="list-style-type: none"> <li>Targeted thought.....</li> <li>Alternative thought: .....</li> </ul>
Technique I will use	<input type="checkbox"/> Deep breathing <input type="checkbox"/> Meditation <input type="checkbox"/> Writing <input type="checkbox"/> Exercise <input type="checkbox"/> Talking <input type="checkbox"/> Relaxation <input type="checkbox"/> Other: .....
When I will practice	<ul style="list-style-type: none"> <li>Monday: .....</li> <li>Tuesday:.....</li> <li>Wednesday:.....</li> <li>Thursday:.....</li> <li>Friday:.....</li> <li>Saturday:.....</li> <li>Sunday:.....</li> </ul>
Emergency Strategies	<ul style="list-style-type: none"> <li>Quick (2-5 minutes): .....</li> <li>Medium (15-30 min): .....</li> <li>Long (1h+): .....</li> </ul>
Support Network	<ul style="list-style-type: none"> <li>Family:.....</li> <li>Friends:.....</li> <li>Professionals:.....</li> </ul>
Follow up/ Personal notes	<ul style="list-style-type: none"> <li>Successes:.....</li> <li>Difficulties:.....</li> <li>Adjustments:.....</li> </ul>
Next Appointment	<ul style="list-style-type: none"> <li>Next date: ...../...../..... with:.....</li> <li>Goals to review: ..... .....</li> </ul>

# Facilitator's guide - Stressometer



<b>WORKSHOP OBJECTIVES</b>	<ul style="list-style-type: none"> <li>- Identify personal stress signals</li> <li>- Understand stress amplifiers</li> <li>- Develop concrete stress management strategies</li> <li>- Create a personalized and realistic action plan</li> </ul>
<p>Introduction: (10 minutes)</p>	<p><b>Content / Activities:</b></p> <ul style="list-style-type: none"> <li>- Create a trusting atmosphere</li> <li>- Present the activity and its benefits</li> <li>- Set the confidentiality framework</li> </ul> <p><b>Ice-breakers:</b></p> <p>"Who can give me an example of a stressful situation?"</p> <p>"What helps you when you're stressed?"</p> <p><b>Facilitator Support:</b></p> <ul style="list-style-type: none"> <li>- Key points: <ul style="list-style-type: none"> <li>• Stress is not always negative</li> <li>• Everyone has their own profile</li> <li>• Confidentiality / No judgment</li> </ul> </li> <li>- Materials: printed grids, pens, timer</li> </ul>
<p>Self- assessment (20 minutes)</p>	<p><b>Content / Activities:</b></p> <ul style="list-style-type: none"> <li>- Be honest / No right or wrong / Take your time</li> <li>- Move around, support individually</li> <li>- Warning signs: Distress / No response</li> </ul> <p><b>Facilitator Support:</b></p> <ul style="list-style-type: none"> <li>- Provide discreet help</li> <li>- Offer post-workshop support</li> </ul>
<p>Results &amp; Collective Analysis (20 minutes)</p>	<p><b>Content / Activities:</b></p> <ul style="list-style-type: none"> <li>- 5 minutes for personal scores</li> <li>- Prepare a board: Zen Master / Under Pressure / On Alert</li> <li>- Discussion: group trends, surprises, diversity</li> </ul> <p><b>Facilitator Support:</b></p> <ul style="list-style-type: none"> <li>- Key messages: <ul style="list-style-type: none"> <li>• Profiles are normal, each has strengths</li> <li>• Signals = messengers, not enemies</li> <li>• Solutions exist</li> </ul> </li> </ul>

# Facilitator's guide - Stressometer



<p>Individual Action Plan (30 minutes)</p>	<p><b>Content / Activities:</b></p> <ul style="list-style-type: none"> <li>- Move around, ask: <ul style="list-style-type: none"> <li>• "What seems most urgent?"</li> <li>• "What action could you take tomorrow?"</li> </ul> </li> <li>- SMART goals: <b>S</b>pecific, <b>M</b>easurable, <b>A</b>chievable, <b>R</b>elevant, <b>T</b>ime-bound</li> </ul> <p><b>Facilitator Support:</b></p> <p>Examples:</p> <ul style="list-style-type: none"> <li>- "Do 5 minutes of deep breathing every evening"</li> <li>- "Write 3 positive things every Sunday"</li> </ul>
<p>Conclusion &amp; Feedback (10 minutes)</p>	<p><b>Content / Activities:</b></p> <ul style="list-style-type: none"> <li>- Value efforts</li> <li>- Emphasize process</li> <li>- Share extra resources</li> <li>- Feedback: Round table (1 word), QR code / anonymous form</li> </ul> <p><b>Facilitator Support:</b></p> <p>Questions:</p> <ul style="list-style-type: none"> <li>- "What do you take away?"</li> <li>- "What was most useful?"</li> <li>- "What could be improved?"</li> </ul>



# Facilitator's guide - Stressometer



## PRACTICAL TIPS FOR THE FACILITATOR

### ■ To do:

- Build trust, use simple examples
- Observe non-verbal cues
- Encourage and personalize support

### ■ To avoid:

- Minimizing, generalizing
- Giving diagnoses
- Forcing solutions
- Breaching confidentiality

## MANAGING DIFFICULT SITUATIONS

■ **Stressed participant:** Calm approach, listen, offer post-support

■ **Non-participation:** Respect silence, offer listening alternatives

■ **Monopolizing participant:** Acknowledge, refocus, balance discussion

## MATERIAL CHECKLIST

■ **Before:** Grids, pens, board, timer, templates, resources

■ **During:** Calm setting, time tracking, attention

■ **After:** Debrief, follow-up, secure data, prep next session

## ADDITIONAL RESOURCES

■ **Apps:** Headspace, Breathe, Calm