

DeStress Monday

Super Organizer!

Name: \_\_\_\_\_

Hi there!

Welcome to your DeStress Monday Super Organizer! This is a safe space for you to express your feelings, find tips and tricks for feeling good and staying organized. Throughout this organizer, you will find places to write down future goals and the tools to make them happen.



Did you know research shows that healthy habits occur most often on Mondays? It's true!

This means that Monday is the day people are most likely to make positive changes! That's why we recommend you fill out the planning and goals section of this packet on Sunday night or Monday morning. That way, you'll be able to stay organized—and stress less—all week long!

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## ABOUT ME:

My name is \_\_\_\_\_.

I am \_\_\_\_\_ years old and I go to \_\_\_\_\_ middle school.

I am in \_\_\_\_\_ grade.

My birthday is \_\_\_\_\_.

My favorite subject in school is \_\_\_\_\_ and my least favorite subject is \_\_\_\_\_.

A fun fact about me is

\_\_\_\_\_  
\_\_\_\_\_.

If people described me in three words, they would say I am

\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

**Goal setting** is important because it helps us put what we want to accomplish into words. It is easier to get organized when we know what we want to accomplish. On the next page, you will find the Go for Gold! Smart Goal Organizer. Check out this picture about how to set SMART goals and then try and make some of your own!



# SET GOALS INTELLIGENTLY WITH THE SMART APPROACH.

Learn how small steps forward can lead to long-term success.



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\*\* Click on the picture for more information! \*\*

Go for Gold!

SMART Goal Organizer.



A personal goal I have this week is:

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A way I will accomplish this goal is:

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I will know this goal has been accomplished when:

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When do I want to achieve this goal?

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How realistic is this goal? \_\_\_\_\_

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Why is this goal important to me?

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An academic goal I have this week is:

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A way I will accomplish this goal is:

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I will know this goal has been accomplished when:

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When do I want to achieve this goal?

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How realistic is this goal? \_\_\_\_\_

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Why is this goal important to me? \_\_\_\_\_



A goal I have for the future is:

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A way I will accomplish this goal is:

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I will know this goal has been accomplished when:

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When do I want to achieve this goal?

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How realistic is this goal? \_\_\_\_\_

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Why is this goal important to me? \_\_\_\_\_

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## Homework due this week:

Write your assignments in box on the day they are due. For example: If you have an essay due on Friday for Social Studies write, "Social Studies Essay due today" in the Friday box.

Monday



Tuesday

Wednesday

Thursday

Friday

# Saturday & Sunday

## Events & Plans:

Life can get super busy, even outside of school! This is a great place to fill in any plans, events or activities you are participating in for your week and their times. Some examples include sports practice's, bar and bat mitzvahs, family celebrations, tutoring, social plans, etc.  
**(Here's a hint: Write down events even if they are virtual, just to be sure you don't forget!)**

Monday: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Tuesday: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Wednesday: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thursday: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Friday: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Saturday: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Sunday: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Why is it important to DeStress?

Research shows that being stressed for a long time can contribute to many health problems in the future. Being stressed too often can lead to some bad feelings. When we are stressed, we can feel nervous, unsafe, panicky, upset, and more. Stress can also affect us physically—you may feel sweaty, clammy, or like you have butterflies in our stomach.

When we feel stressed, we often get overwhelmed and it makes it hard to get things done or make good choices. If we can de-stress, we can think more clearly, be happier, and do the things we want to do!

Being able to identify the reason you feel stressed can usually help you manage it better. Use the next page to help determine if and why you are feeling stressed.



## Stress Checkpoint!

Check in with your stress levels before the week begins.

**How can I tell when I am stressed out? What does it feel like?**

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**Some things that have been stressing me out lately are:**

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Circle a number 1-10 to show how stressed you feel right now.

Least stressed 1 2 3 4 5 6 7 8 9 10 Most stressed

**Writing your emotions down** is a great way to help us process them. Naming how you feel is a helpful first step in processing our emotions. Below is a list of adjectives that could describe how you are feeling about this week. Sometimes you even feel more than one emotion at the same time (us humans are complicated!). Shade in the boxes that match how you're feeling right now or write in how you're feeling instead.

Happy	Sad	Nervous	Afraid	Confident	Confused
Angry	Loving	Amused	Bored	Disappointed	Excited
Proud	Inspired	Motivated	Stressed	Annoyed	Optimistic

## PUT YOUR FEELINGS INTO WORDS.

Saying or writing down your emotions can help you process them better.



"HAPPY"



"FRUSTRATED"



"NERVOUS"



"ANGRY"



"SAD"



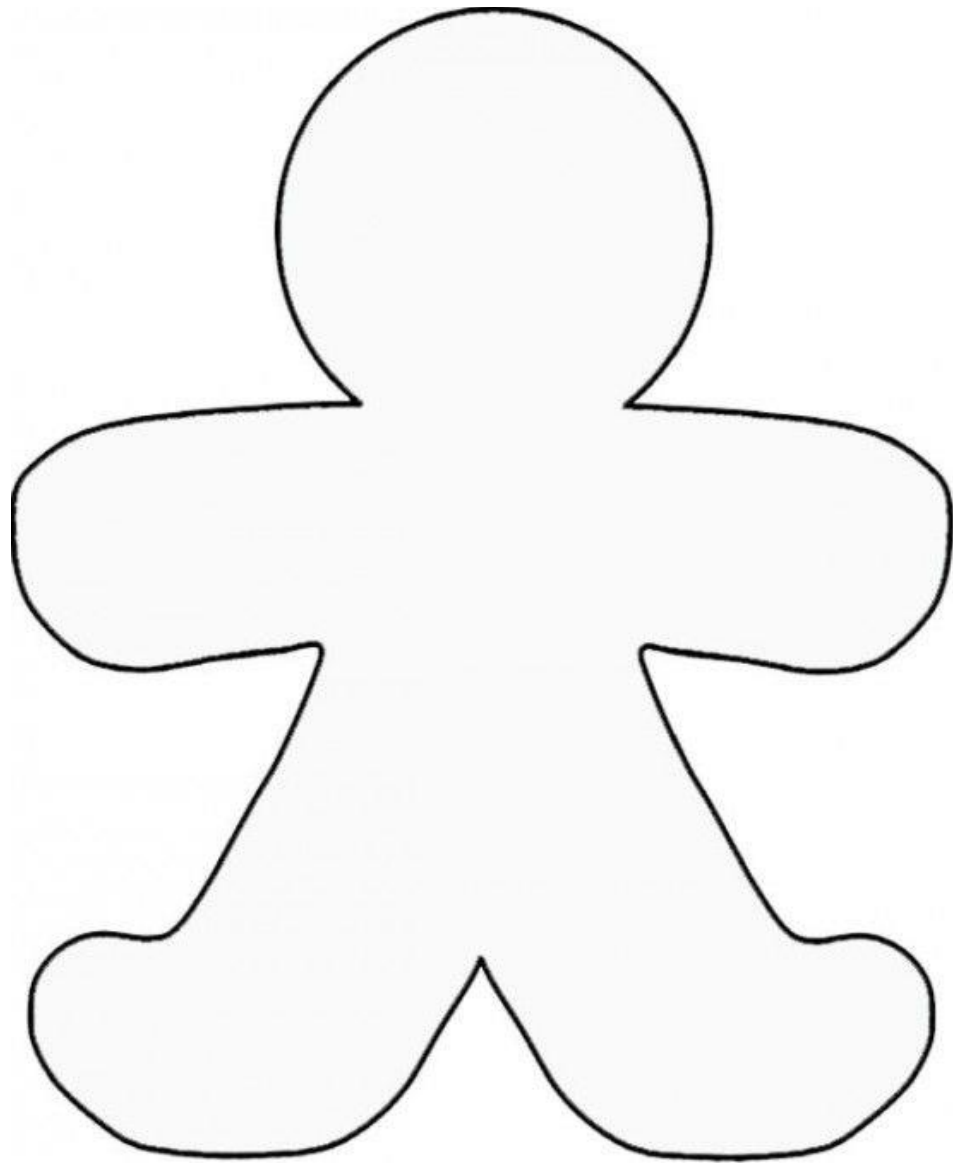
"DISGUSTED"

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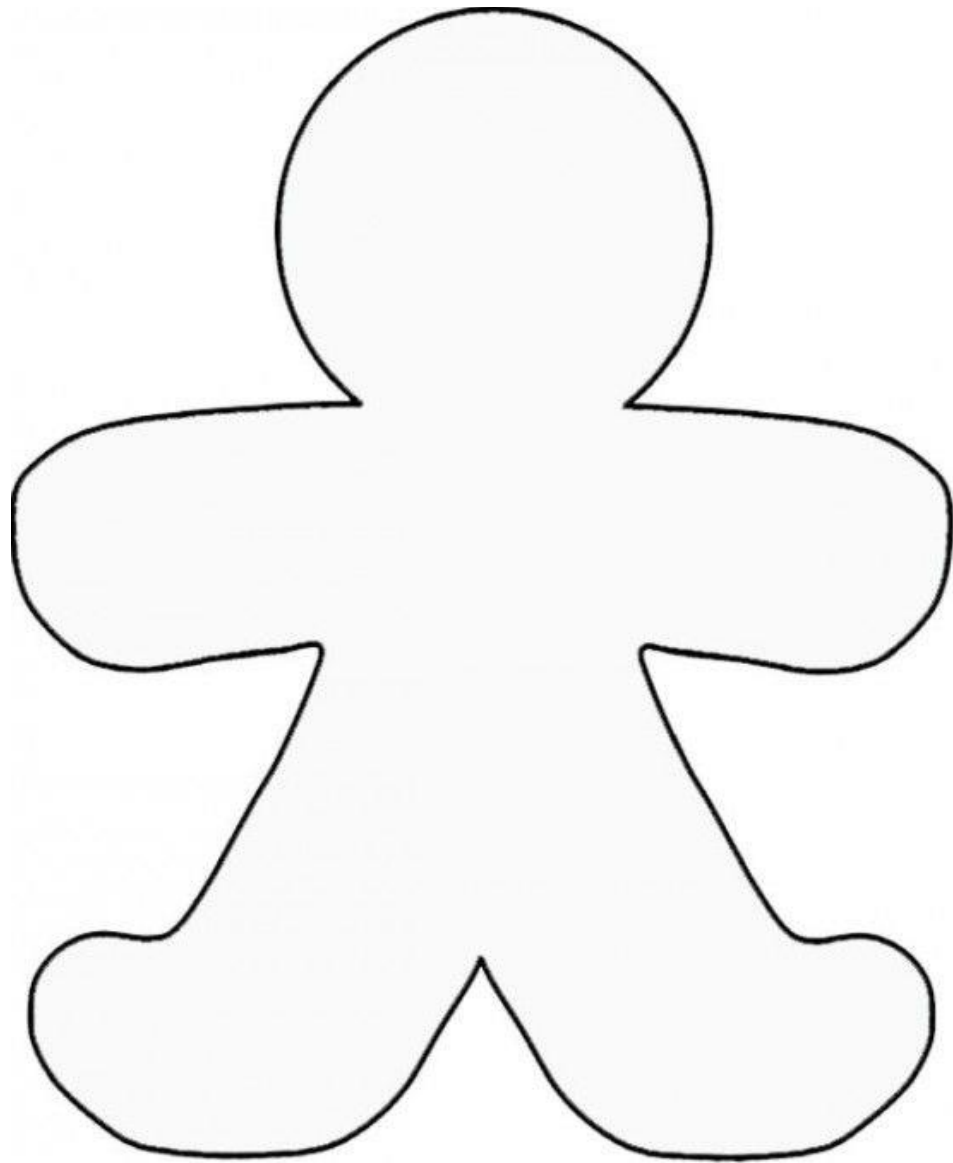
DE STRESS  
MONDAY

**Feeling Your Feelings.** Each gingerbread man is labeled with one emotion. Color in where you feel each emotion on the gingerbread man. For example, when you're anxious, your heart may beat quickly, so you would color in the chest area of the gingerbread man. (Helpful hint: The more detail, the better! Where do you feel each emotion? How does it feel? Do your legs feel heavy? Do your fingers get tingly? Do your eyes light up?)

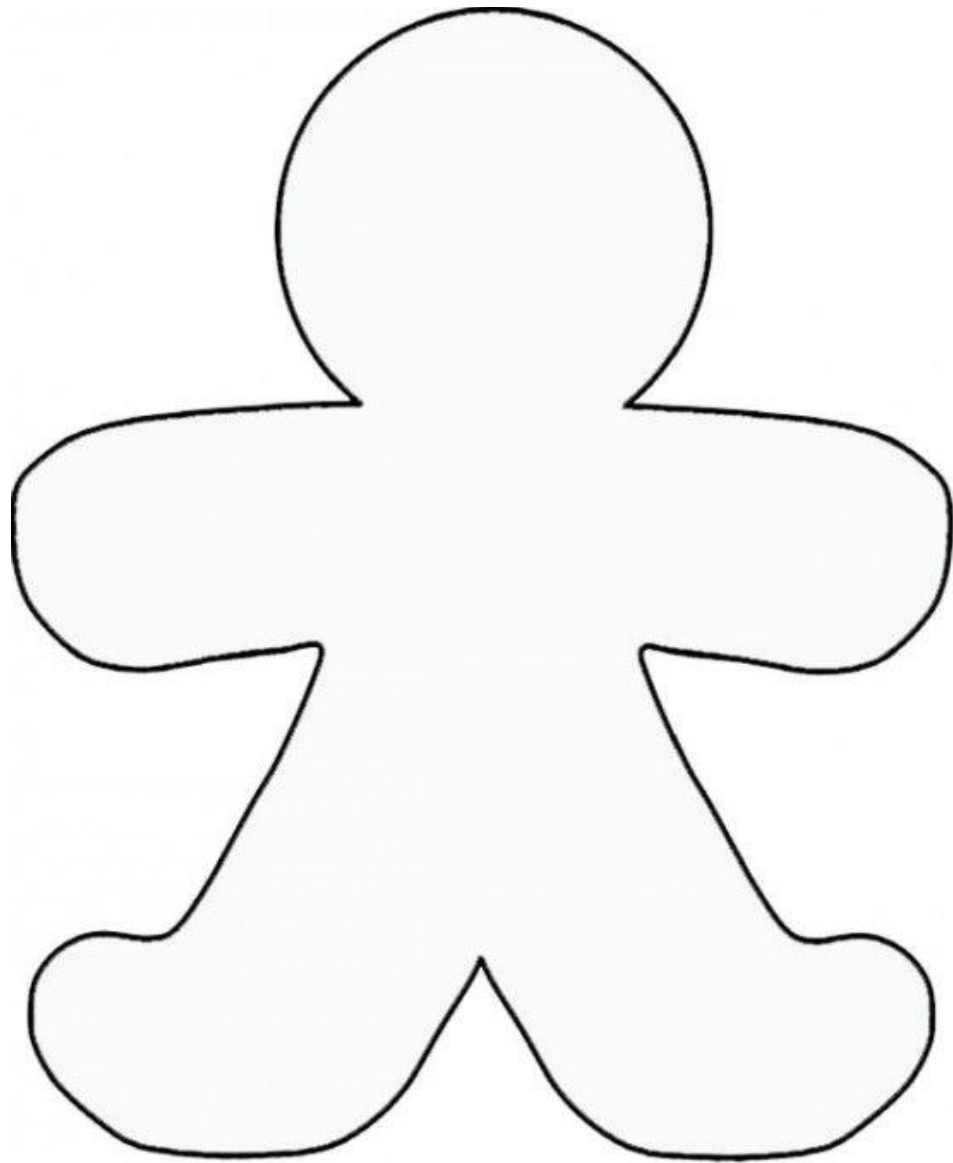


Anxiety

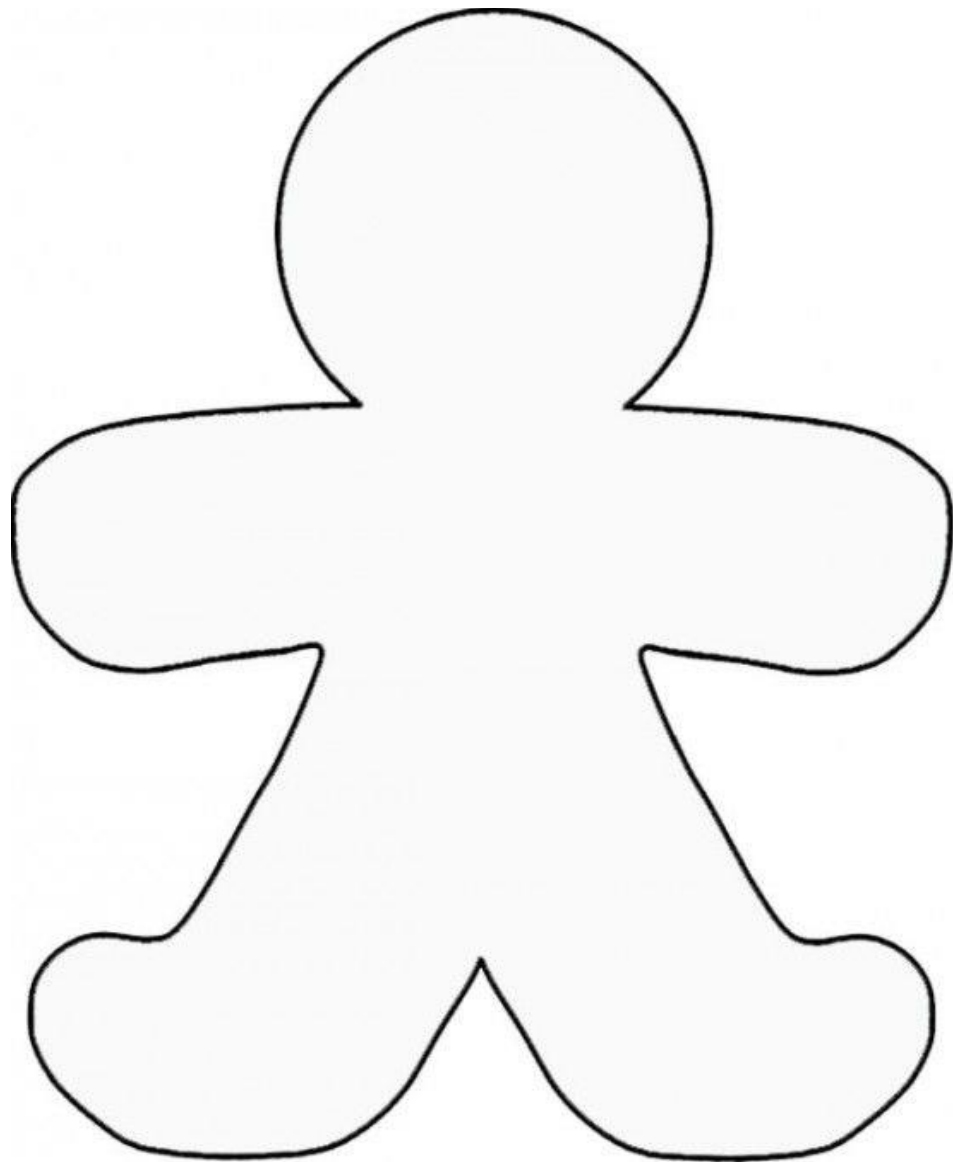




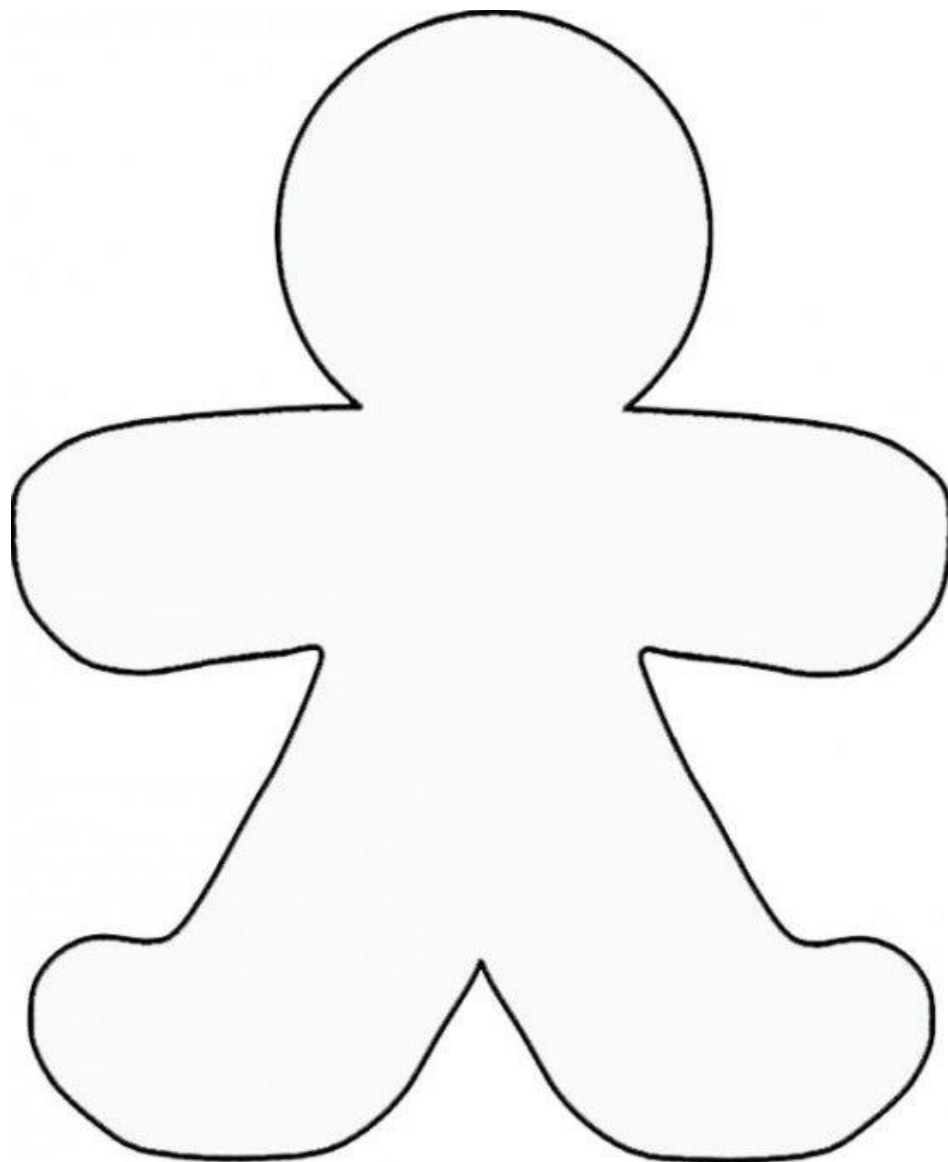
Excitement



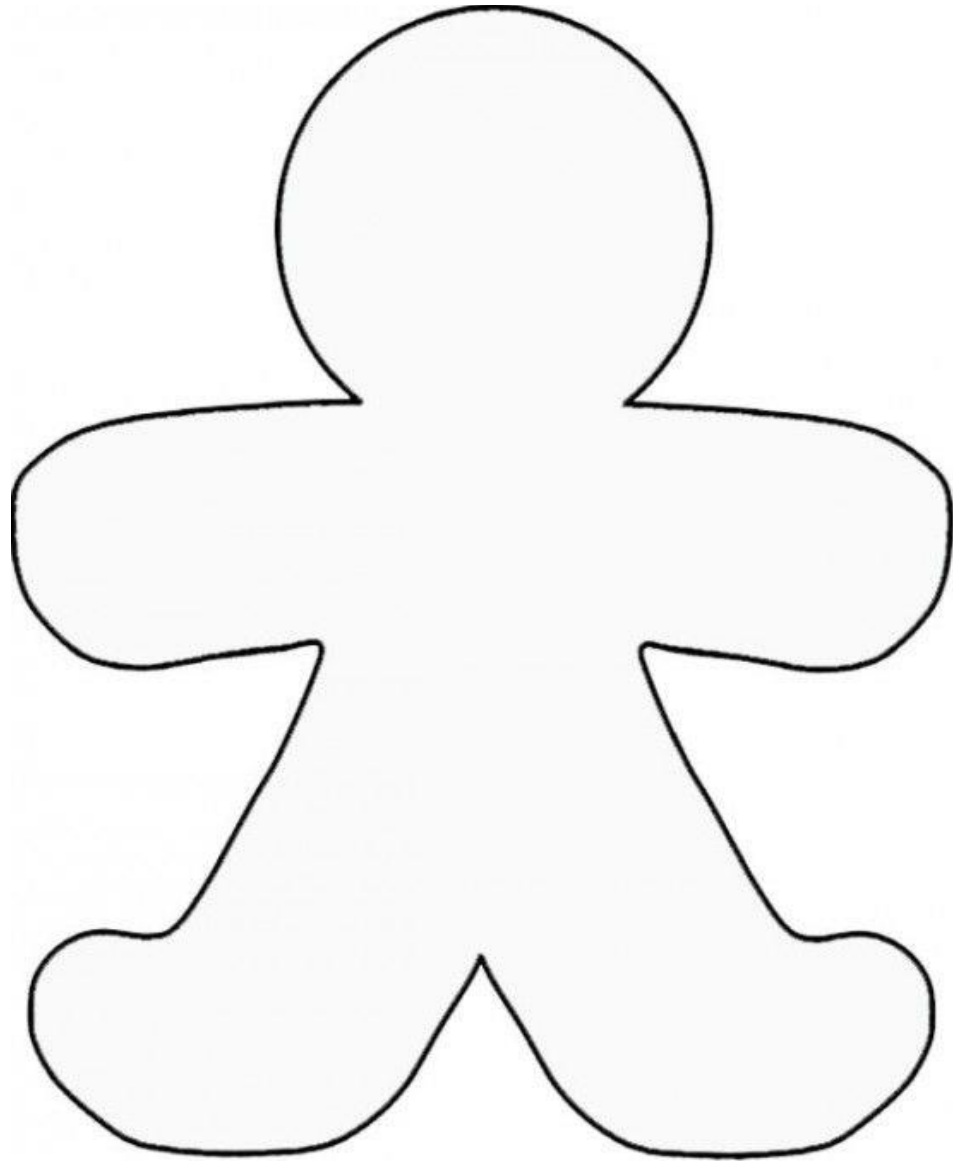
Gratitude



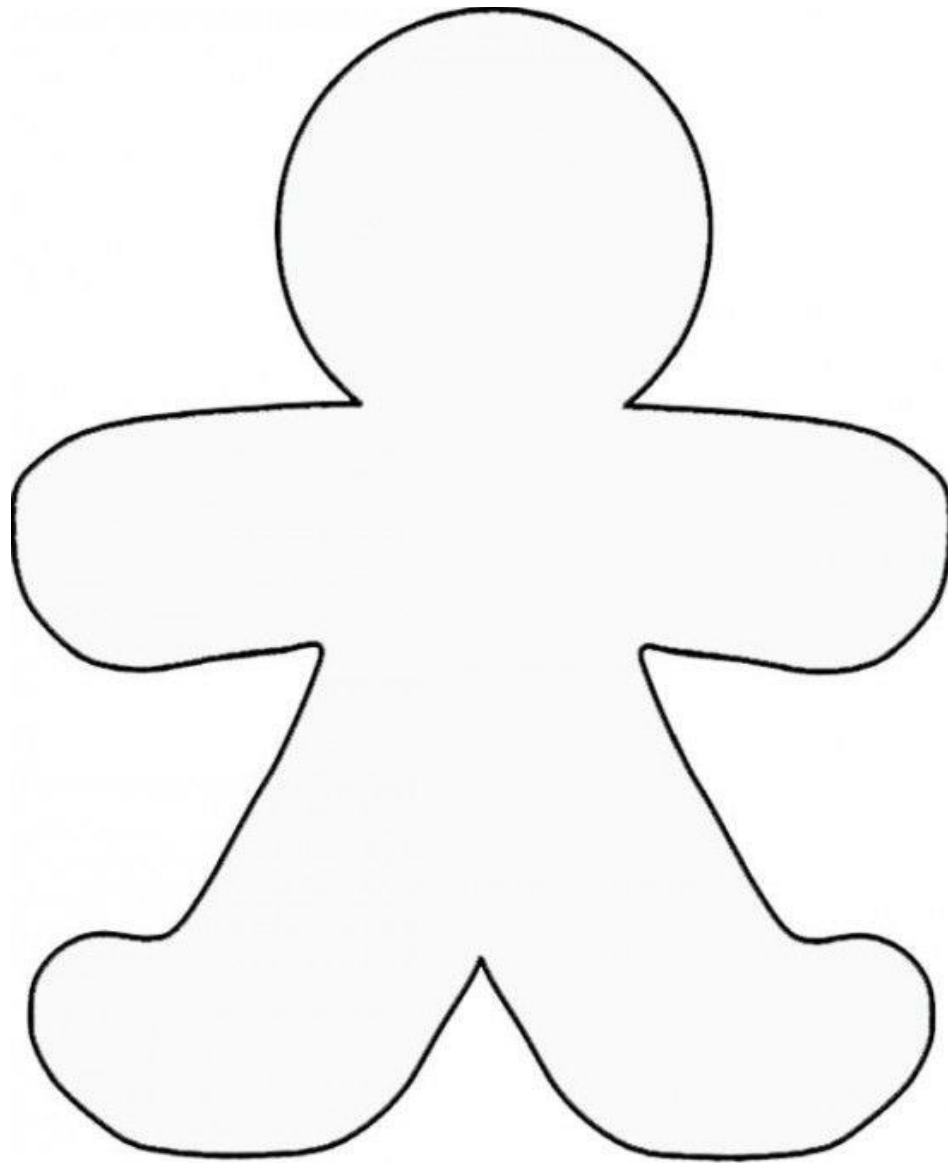
Anger



Love



Joy



**Free Choice!**

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**Tips for Staying Calm and Focused**

# The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

Acknowledge **5** things that you can see around you.



Acknowledge **4** things that you can touch around you.



Acknowledge **3** things that you can hear around you.

Acknowledge **1** thing that you can taste around you.



Acknowledge **2** things that you can smell around you.



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# HAVE A MINDFUL MONDAY!

See and feel how paying attention to the sensations of everyday experiences can calm your mind every Monday and throughout the rest of the week.



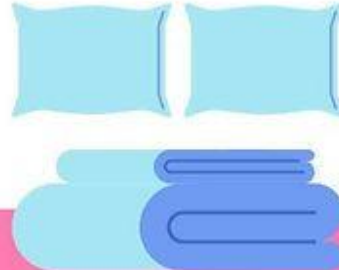
## SHOWERING

Get lost in the sound and steam. Let the pitter-patter of the water soothe your mind.



## GETTING DRESSED

Take in the textures and colors of your clothing. Pay attention to how they feel on your skin.



## BED MAKING

Notice how the sheets feel against your fingertips as you smooth out the wrinkles.



## EATING

Appreciate the aroma of your food, and revel in the flavor and texture of each bite.



## LISTENING

Close your eyes and focus on the sounds around you. Pick a specific noise, and follow it.



## HAND-WASHING

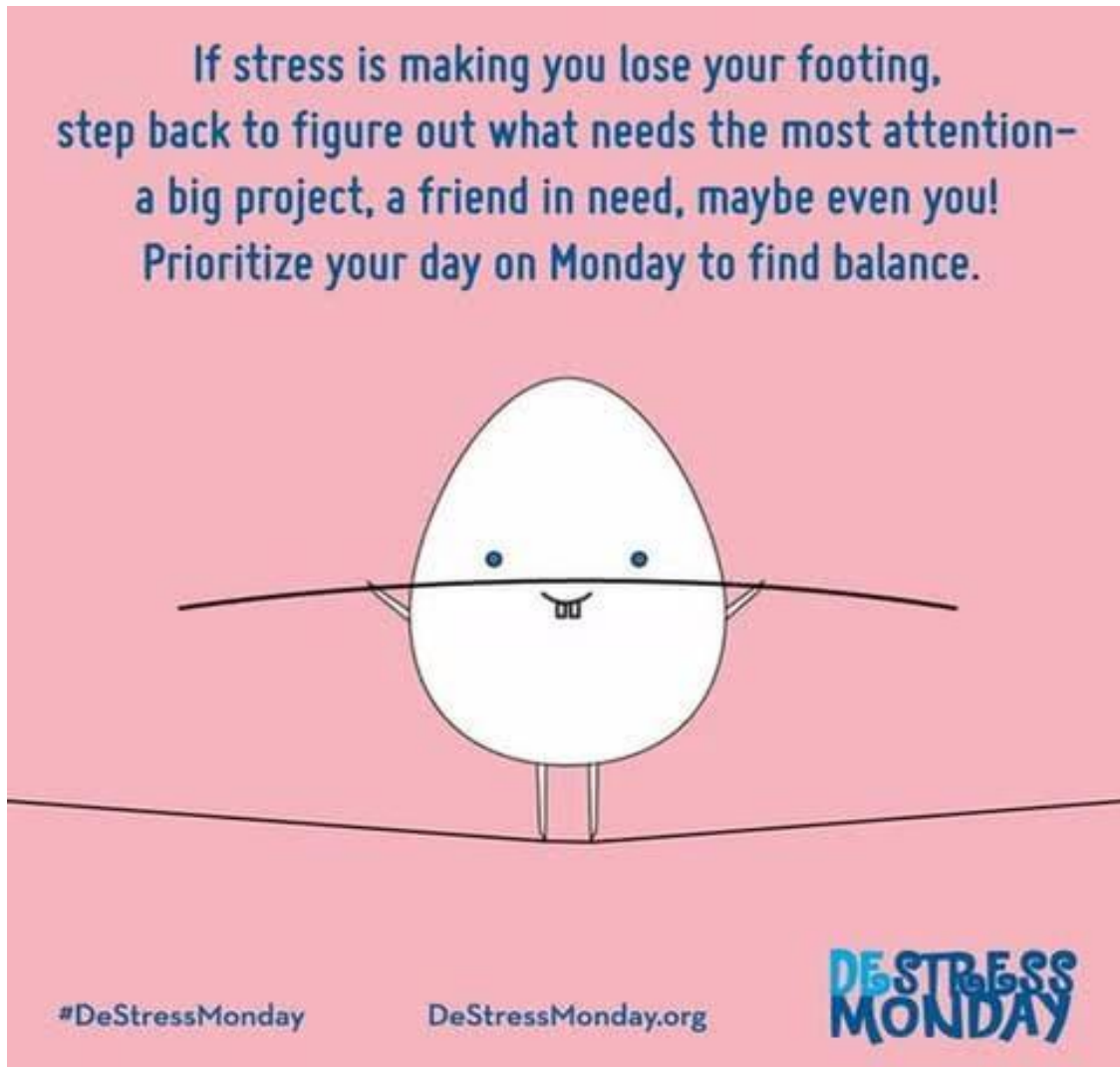
Be aware of the warm water as it flows over your hands, and let the fragrance of the soap take you away.

**DE-STRESS  
MONDAY**

Remember that **ALL** of us get stressed, no matter how old we are or what's happening in our lives. You are **NOT** alone.



That is why Monday is the best time to get organized, calm, and focused for the week ahead. This can help deal with your stress and bounce back from unexpected surprises life may throw at you!



## Sleeping Soundly

The national sleep foundation recommends that teenagers get at least 8 hours of sleep. On average, how many hours of sleep do you get each night? \_\_\_\_

hours Some teenagers feel sleepy and groggy in the morning. What do you feel like? In the morning I feel: \_\_\_\_\_

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Lack of sleep can lead to mood swings, irritability, and fogginess. It can even make it hard to pay attention to the things you want to.

It's important to create a "bedtime ritual." A bedtime ritual can help us get ready to feel relaxed and fall asleep.

Some examples of things that can be included in your bedtime ritual are brushing your teeth, filling up your water bottle, making sure your things are organized for the next day, plugging in devices away from your bedroom, reading, or counting your blessings.

If you have trouble relaxing before bed you could try taking a warm shower, journaling, coloring, drinking some decaffeinated tea or focusing on your breathing.

## My Bedtime Ritual

Some things I need to do before I can relax and go to bed are: (i.e., schoolwork, clean my room)



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Some things I can do before I get into bed are: (i.e., brush teeth or take a warm shower)

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Some things I can do to help me fall asleep are: (i.e., read, put away devices)

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# FALLING ASLEEP DOESN'T HAVE TO BE A NIGHTMARE

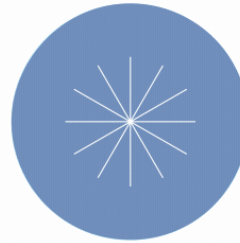
Use a before-bed sleep ritual to wake up energized and refreshed.



Relax your body.



Get comfortable  
in your space.



Settle your mind.

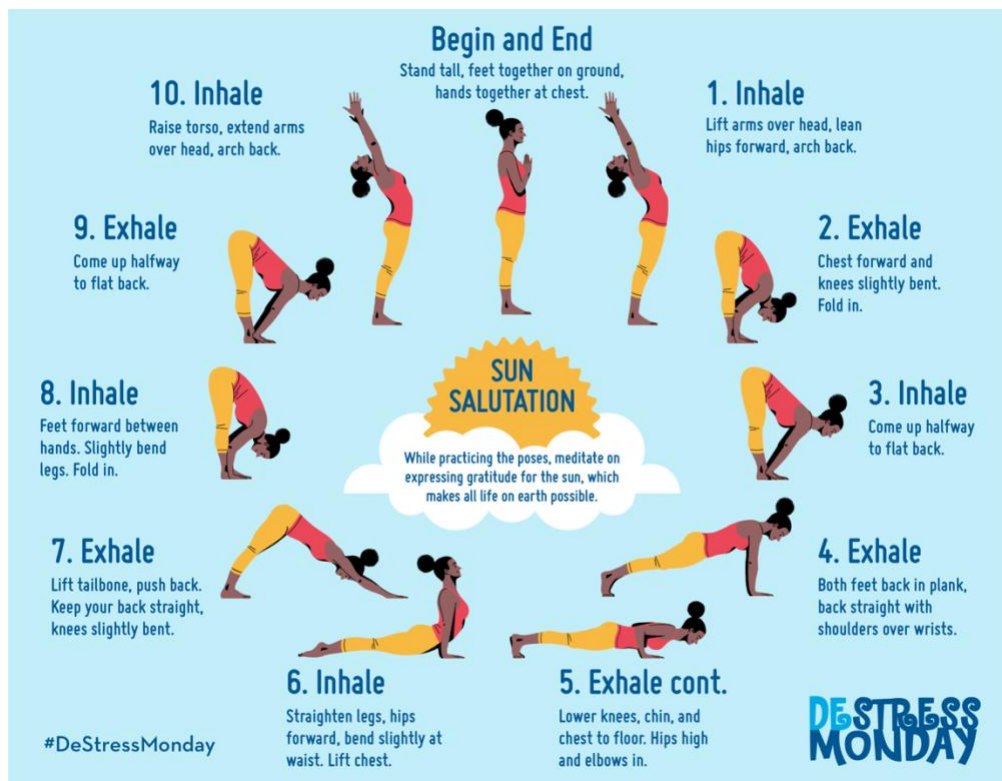
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## Get Movin'

It is important to find times to get active during the busy week! Exercise releases brain chemicals that make you feel good and battle stress. There are so many fun ways to move during the week!



You could go on a bike ride, play sports with friends, or do yoga during TV commercial breaks. What are some ways you can move your body this week? (Helpful hint: It's more fun to move with another person! Ask your parents, siblings, or friends to move with you.)

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## Take 3 with Your 5 Senses

You may react in different ways when you feel stressed. It is easy to lash out on others or beat yourself up when you're anxious or overwhelmed.

If you are feeling overwhelmed, try the rule of 3!

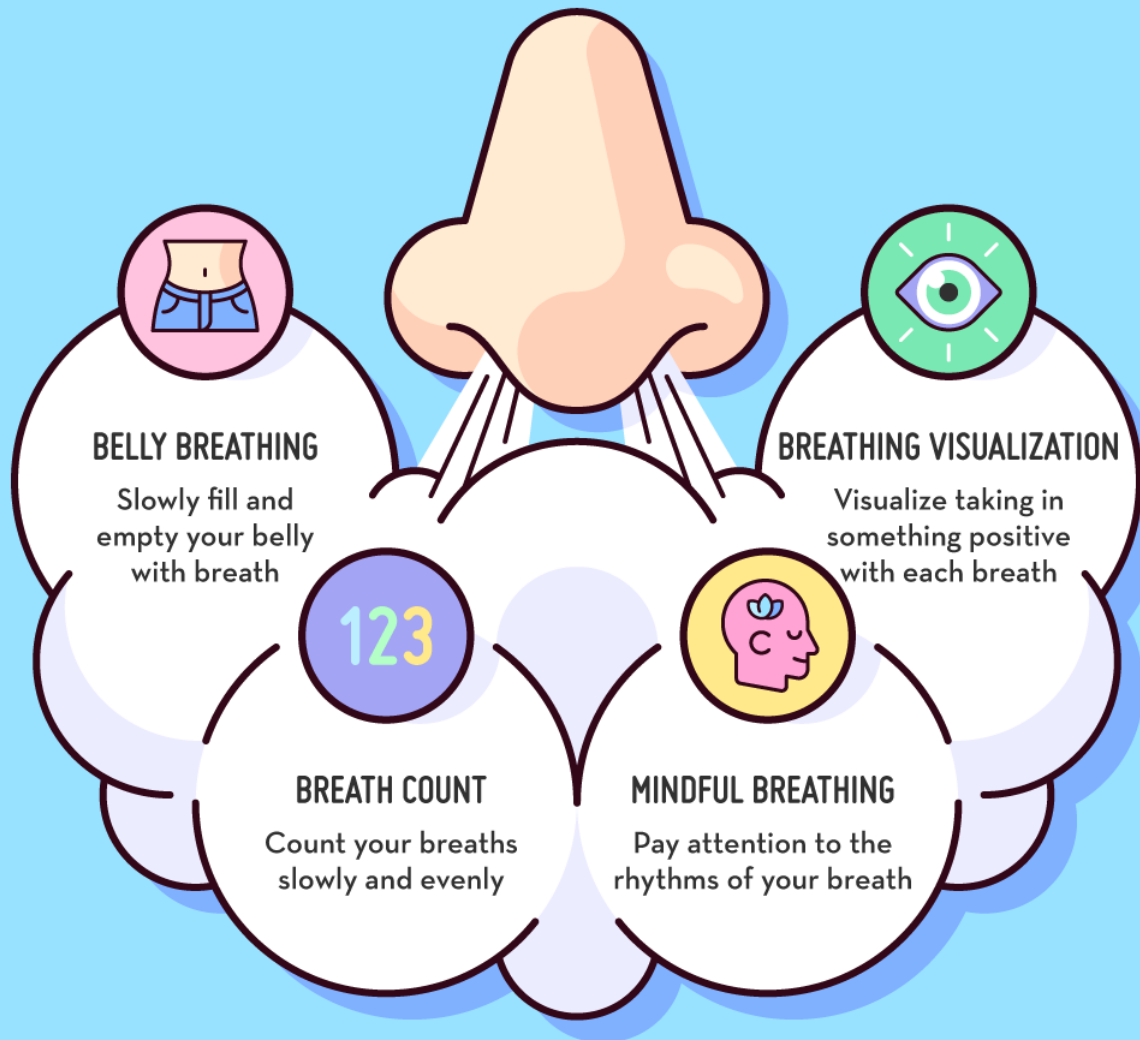
- 🌀 Take 3 deep breaths and think of 3 things you can hear
- 🌀 Take 3 deep breaths and think of 3 things you can see
- 🌀 Take 3 deep breaths and think of 3 things you can feel
- 🌀 Take 3 deep breaths and think of 3 things you can smell
- 🌀 Take 3 deep breaths and think of 3 things you can taste

When you take deep breaths, you want to make sure you are inhaling and exhaling slower than usual. Long, full breaths will help soothe you and calm you down.

Check out these DeStress Monday tips for calming yourself down:

# FOR STRESS RELIEF, JUST TAKE A DEEP BREATH.

Start the week calm with four deep breathing techniques.



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Communication Page

Sometimes when you feel overwhelmed, it can be hard to share what you're thinking and feeling. Adults can help us when we are overwhelmed, especially when we feel like our stress is too much to handle. Below is a page you can use to let the adults in your life know how you are feeling so they can know how to help you!

Hi \_\_\_\_\_ . I just wanted to let you know that I have been feeling \_\_\_\_\_

lately because \_\_\_\_\_

I wanted to tell you so that you are aware of how I'm feeling. The things I am doing/ have done to help this feeling are \_\_\_\_\_

Here are the next steps I want to take after writing this:  
(circle all that apply)

I was hoping we could talk about this.

I just wanted you to know. I am not ready to talk right now but we maybe can in the future.

## Stress Checkpoint!

Check in with yourself at the end of the week.

Some things that are causing me stress are:



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Some things I did to better manage my stress are:

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On a scale of 1-10 how stressed are you ending this week? (circle one)

Least stressed 1 2 3 4 5 6 7 8 9 10 Most stressed

## Weekly Goal Check In

Did you complete your goal(s) for the week? If so, how do you know? If not, don't worry! Ask yourself what you can do differently next time. Maybe the goal isn't a good fit, maybe you need an accountability buddy. Brainstorm some other ways to achieve your goals here.

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## Rose, Bud, Thorn

Thinking back on the week is a really great way to process, savor, reflect, and get ready for next week. Rose, Bud, Thorn is a simple way to reflect on your week. List out a rose (something that went well), thorn, (something that didn't go well), and bud (something you're looking forward to) below.

Rose:

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Thorn:

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Bud:

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Congratulations! You made it through a week as a de-stress champion! Celebrate your skills and be proud of yourself! See you next week.



### **Dear Grown-Up at Home,**

Your child received this packet to help them participate in the Monday Campaigns' DeStress Monday program. The Monday Campaign is a nonprofit that supports Healthy Monday, a national public health initiative to help people **create healthy habits at the start of their week**. Research has shown that it is **easiest to stick to goals created early in the week** rather than those we create at the end.<sup>1</sup> More information about our organization can be found at [mondaycampaigns.org](http://mondaycampaigns.org).

The purpose of this DeStress Super Organizer is to help keep your middle school organized so they can **maximize all areas of their life**—including school, family, work, and play. Through many evidence-based activities and cognitive behavioral therapy techniques (CBT), this packet can support your child in **managing stress** and **processing their thoughts and feelings**,<sup>2</sup> keep them **on track with schoolwork and goals**, improve their **communication skills**, and **boost their energy** through movement and sleeping tips. The DeStress Super Organizer takes a comprehensive approach to supporting mental health and considers the child as complete person instead of solely a student, child, sibling, or friend.

Adolescence is an important and special time in a child's life. During this time, pre-teens and teens are discovering who they are and the type of person they want to be.<sup>3</sup> Maybe they're wanting to break away from under your wing and **become more independent**. Maybe they start to **value their friends' opinions** over yours. Adolescents' ability to control their emotions and process thoughts is not yet fully developed, so they may have **mood swings, sudden outbursts, or shut down**.<sup>3</sup>

This packet will help teach them skills to **improve their wellbeing on their own**. In this way, your child is in the driver's seat and not defaulting to an authority figure. The motivation to complete the packet will come from your child, instead of an outside force, which creates a **greater chance of them doing the activities**. CBT techniques allow the child to learn how to recognize and change their relationship with their thoughts. This is a promising approach for **decreasing depression and anxiety** symptoms in pre-teens and teens.<sup>2</sup>

The best part is, the DeStress Super Organizer uses **Monday as a cue** to get **focused** and **ready for the week** ahead.<sup>1</sup> This weekly cue provides structure, which helps to **create routine** and **increase security** and **calmness** in your child.

References:

1. [The Monday Campaigns Research](#)
2. [Rapid Evidence Review 2018](#)
3. [American Counseling Association; VISTAS Online](#)