



SHIFT

Pause and Reflect

WORKSHEETS BY SHIFT COLLAB

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Guided Prompts for Students Navigating Post-Secondary Stress

SHIFTCOLLAB

SELF-AWARENESS & EMOTIONAL CHECK-IN

What emotions have been most present for you this week?

When do you notice your stress levels rising the most (specific times, classes, or situations)?

How do you typically notice stress showing up in your body or mind?

ACADEMIC STRESS & PERFORMANCE

What academic expectations are you holding yourself to right now? Are they realistic or flexible?

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When you think about your workload, what feels most overwhelming? What feels most manageable?

What strategies have helped you stay on track, even when you didn't feel motivated?

THOUGHT PATTERNS & INNER CRITIC

What does your "inner critic" say when you're stressed about school?

How might you respond to yourself with compassion in those moments?

If a friend was in your shoes, what would you tell them?

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VALUES & MOTIVATION

Why are you pursuing your studies, and how do your daily efforts connect back to that bigger picture?

What personal values (e.g., curiosity, perseverance, balance, growth) feel important to you this semester?

How might you honor your values even during stressful times?

COPING & SUPPORT

What has helped you de-stress or recharge recently?

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Who or what supports are available that you haven't leaned on yet?

What's one small shift you can make this week to support your well-being?

BALANCE & BOUNDARIES

How are you balancing school with rest, fun, and relationships?

Where might you need to set a boundary—with yourself, your time, or with others?

What's one activity that feels grounding or joyful that you'd like to make space for this week?