

Name _____ Date _____

STRESSED OUT!

Put a small x by things that can lead you to feel stressed:

relaxing with your favorite pet

a lot of things going at once

being bullied at school

swimming at a waterpark

conflict and problems at home

going on summer vacation

a terrifying experience

a big decision to make

an unexpected change in your life

a big event coming up

being treated badly or unfairly

a big test in a subject you don't know

playing an awesome video game

not having things you really need

winning a great prize in a contest

Answer true or false.

- 1) Feeling some stress at times is NOT normal.
- 2) Only some people ever feel any stress.
- 3) Some types of stress can be helpful.
- 4) Stress helps us avoid dangerous situations.
- 5) Too much stress can be harmful to us.
- 6) Being over-stressed cannot make us sick.
- 7) Stress affects our bodies, minds, emotions, and behavior.
- 8) Children and teens do not feel stressed.

Answer the questions:

- 9) List three or more things that are stressful for you.
- 10) How can stress cause our bodies to feel?
 - a) headaches
 - b) fast heartbeat
 - c) trouble breathing
 - d) shaky
 - e) all of the above
- 11) When we are stressed we might:
 - a) have negative thoughts and emotions
 - b) avoid things we need to do and people
 - c) we might do all of these things
 - d) feel discouraged about life and give up
 - e) lash out angrily at other people

- 12) Stress can even lead us to do _____ things.
a) fun
b) playful
c) dangerous
d) new
- 13) Some things we CANNOT control and these can cause us stress. However, if we do what we can _____ we will feel less stressed.
a) control
b) see
c) hear
d) know
- 14) Managing our _____ and scheduling time to _____ can help us feel less stressed.
a) bath argue
b) time relax
- 15) Taking care of our bodies will help us _____ stress
a) increase
b) decrease
- 16) Using _____ can lower our stress.
a) positive self-talk
b) negative self-talk
c) no self-talk
- 17) We should _____ people who care about us or counselors to help us cope with stress.
a) avoid
b) talk to
c) ignore

