

## Stress in Teenagers

Many teenagers feel stressed every day. Students can feel stress because of homework, family responsibilities, exams, or problems with friends.







Stress can affect our body and emotions. Some students feel tired, sad, angry, or worried.

There are healthy activities to reduce stress. Teenagers can sleep well, eat healthy food, talk with friends, listen to music, walk in nature, and practice sports.

It is important to take care of our emotional health.



### Match the Word with the Picture

Words	Pictures
Stress	 Student worried about exams
Homework	 Student studying
Sleep well	 Student sleeping
Healthy food	 Salad and fruits
Exercise	 Student running
Emotional health	 Happy teenager

### TRUE OR FALSE

Read the text and write T (True) or F (False).

Statement	True	Foles
1. Teenagers can feel stress because of homework.		
2. Stress only affects the body.		
3. Some students feel worried when they are stressed.		
4. Sleeping well can help reduce stress.		
5. Listening to music is a healthy activity.		
6. Emotional health is not important.		