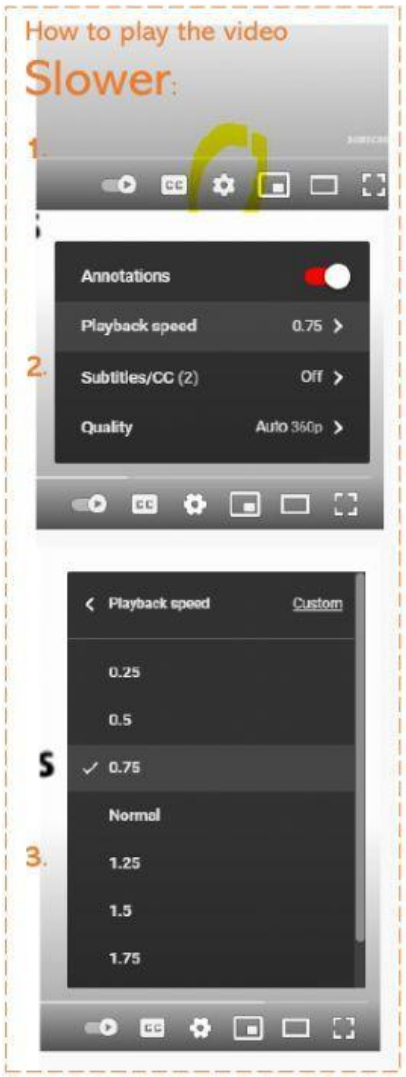


Managing Stress Worksheet

1. Stress is _____ .

2. What should you do when you feel stressed?

3. When you are stressed, does your heart pump blood faster or slower?

4. When you are stressed:

It is easier to learn.

You can think easily.

You learn and remember more.

5. What are three ways to reduce stress?

LIVEWORKSHEETS