

Stress Worksheet



Stressful

Not Stressful

Directions: Answer the questions below clicking yes or no.

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| 1. There is nothing we can do to help with stress. | Yes | No |
| 2. Exercise and a good diet can reduce stress. | Yes | No |
| 3. Talking with friends reduces stress. | Yes | No |
| 4. Stress makes your heartbeat faster. | Yes | No |
| 5. Avoid problems can reduce stress. | Yes | No |

Directions: Choose the feelings below that you would feel when stressed.

Sad	Happy	Tired	Mad
Nervous	Scared	Joy	
Angry	Silly	Hungry	Peaceful

Choose a feeling from above that you feel most when you are stressed. Type it in the box below.