

# Stress Worksheet



Stressful

Not Stressful


Directions: Answer the questions below clicking yes or no.

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.