

# Stress



Read carefully the following statements about stress. Decide whether they are **true** or **false.**

Then **match** the reason or explanation **(a-e)** to each statement **(1-5).**

**1.** All stress is bad.

☐True ☐False

**2.** Small amounts of stress have benefits.

☐True ☐False

**3.** There is nothing you can do about stress; it happens and you endure it.

☐True ☐False

**4.** No one else has as much stress as I do, that's why I'm overloaded.

☐True ☐False

**5.** Nothing bad can happen to me from too much stress.

☐True ☐False

**a.** Small amounts of stress are called ***eustress***. It is beneficial as it only lasts in the short term, it energizes and motivates, it feels exciting, and it increases focus and performance

**b.** Too much stress can negatively affect concentration, personal interactions, and school performance. It can also lead to physical and mental health problems including headaches, stomachaches, anxiety, depression, drug use and aggression.

**c.** Stress reaction in the body is designed to protect it from dangerous situations and in small amounts can increase performance.

**d.** There are many ways to learn to manage stress, as well as decrease stress in your life. Basic lifestyle changes including getting enough sleep, eating well and regular exercise can reduce stress.

**e.** Everyone experiences stress, some experience more stress than others, but it is your ability to manage stress that determines whether you control it, not the amount of stress.