Name _____ Date _____

STRESSED OUT!

Put a small x by things that can lead you to feel stressed:

relaxing with your favorite pet

a lot of things going at once

being bullied at school

swimming at a waterpark

conflict and problems at home

going on summer vacation

a terrifying experience

a big decision to make

an unexpected change in your life

a big event coming up

being treated badly or unfairly

a big test in a subject you don't know

playing an awesome video game

not having things you really need

winning a great prize in a contest

LIVEWORKSHEETS

Answer true or false.

1) Feeling some stress at times is NOT normal.

2) Only some people ever feel any stress.

3) Some types of stress can be helpful.

4) Stress helps us avoid dangerous situations.

5) Too much stress can be harmful to us.

6) Being over-stressed cannot make us sick.

7) Stress affects our bodies, minds, emotions, and behavior.

8) Children and teens do not feel stressed.

Answer the questions:

9) List three or more things that are stressful for you.

10) How can stress cause our bodies to feel?
   a) headaches
   b) fast heartbeat
   c) trouble breathing
   d) shaky
   e) all of the above

11) When we are stressed we might:
   a) have negative thoughts and emotions
   b) avoid things we need to do and people
   c) we might do all of these things
   d) feel discouraged about life and give up
   e) lash out angrily at other people

LIVEWORKSHEETS

12) Stress can even lead us to do _____ things.
   a) fun
   b) playful
   c) dangerous
   d) new

13) Some things we CANNOT control and these can cause us stress. However, if we do what we can _____ we will feel less stressed.
   a) control
   b) see
   c) hear
   d) know

14) Managing our _____ and scheduling time to _____ can help us feel less stressed.
   a) bath argue
   b) time relax

15) Taking care of our bodies will help us _____ stress
   a) increase
   b) decrease

16) Using _____ can lower our stress.
   a) positive self-talk
   b) negative self-talk
   c) no self-talk

17) We should _____ people who care about us or counselors to help us cope with stress.
   a) avoid
   b) talk to
   c) ignore

LIVEWORKSHEETS

LIVEWORKSHEETS