Name: _____ **Date:** _____

Instructions: 1. Watch the video here and listen to Jana talk about the problems of too much stress.
2. Then answer the questions.

1. **Stress is good for your sleep.** Circle

a) Yes b) No

2. **Check ☑ the ways you hear to lower stress.**



counselling



smoking



eating healthy



sleep



exercise



deep breathing

LIVEWORKSHEETS