

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

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

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

