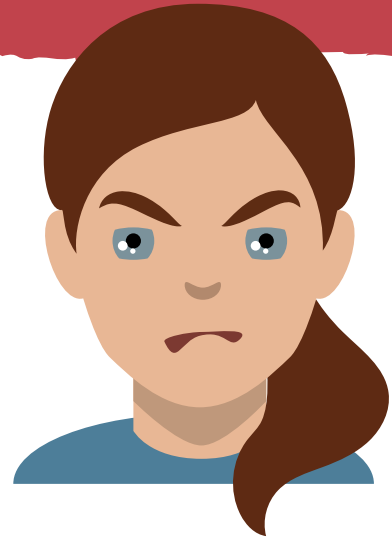


Identifying Stress

Stress is something that makes you feel uncomfortable. You probably feel stress when you have to take a test. These kinds of stress are normal. You also feel stressed when you are teased, or when your parents argue at home or when someone in your family is sick. There are more serious forms of stress, and it's important to learn to cope with them. Even if you can't change the circumstances that make you feel stressed, there are ways to deal with stress.



Think of one thing that causes stress in your life.

.....

How do you think you can cope with stress better?

.....

Can you offer suggestions on ways to deal with this stress?

.....

Here some examples you can:

- Talk about what is bothering you.
- Take deep breaths and relax.
- Exercise – physical activity reduces stress.
- Eat well and get plenty of sleep.
- Think about positive and fun things in your life.
- Learn to solve problems in a positive way.

Name:

Date: