

How to cope with stress

Worksheet 1

1. What is stress? Can you try to define it?
2. What causes stress?
3. How hormones and our nervous system are involved in stress?
4. How does our body cope with stress? What is the body stress response?
5. What are the symptoms of stress?
6. What are the symptoms of chronic stress?
7. Is stress always bad ?
8. How can we cope with stress?
9. Check how vulnerable you are to stress
<http://www.stress.org.uk/stresstest.aspx> and discuss the results with the partner.
10. Check what your level of stress is : <http://www.seventeen.com/fun/quizzes/health/stress-quiz>
11. Write a list of things you can change in your life to reduce stress .