

STRESS

Worksheet 1

1. What is stress?
2. What are the signs of feeling stressed?
3. Why is stress a problem?
4. Have you been under stress recently?
5. How does stress affect you?
6. Is your everyday life tense and stressful?
7. How do you relieve and reduce stress?
8. Do you think stress is ever good, useful, or necessary?
9. Have you felt stress recently?
10. Does stress make it hard for you to think or act?

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