

Stress

1. What comes to mind when you think about stress?

- _____
- _____
- _____
- _____
- _____

Stressful things	Cause

2. What do you do when you feel stressed?

When I feel stressed, I _____

3. When do you usually experience stress?

I feel stressed when _____

4. How do you make yourself feel better?

What is the cause of stress?

What health problems can stress cause?

How can people reduce stress?
