

# STRESS FACTORS

## Stress Creators

- tests
  - trouble in the family
  - secret activities
  - fear of danger
  - arguments
  - confrontations
  - divorce
  - friendships
  - personal values
  - problems at school
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Can Lead To ...

## Ways to Reduce or Relieve Stress

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## Signs of Stress

- headaches
  - anger
  - eating or sleeping too little
  - eating or sleeping too much
  - lack of energy and interest
  - intolerance
  - frustration
  - isolation
  - poor concentration
  - tension
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