

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 ...

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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Ways to Reduce or Relieve Stress

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SAM'S SCHEDULE

Sam is 16 years old and wants to run a yard-care service this summer. He has already started by promising to cut lawns on Saturdays for three people in his neighborhood. Sam charges \$20.00 to mow a lawn and bag leaves and grass. It takes about an hour and a half for Sam to tend to each yard.

This weekend, Sam has a few other activities to complete. On Saturday night, Sam is going to the movies at 7:00 with two of his friends. He's also promised to help his father by cleaning his own room and the bathroom, washing the car, and babysitting his little sister for a few hours on Sunday. Sam wants to buy a present for his best friend's birthday next week. Also, his teacher told him that if he makes some changes on his midterm paper and hands it in on Monday, he can raise his grade from a C to a B.

Sam's head is spinning! Can he get everything done this weekend?

HELP SAM MAKE A PLAN.

- List all his tasks.
- Number the tasks in order of their importance.
- Make a schedule of tasks for each day of the weekend.
- Put a star by the most important tasks.

<i>Sam's To-Do List</i> 		
	<i>Things to Do</i>	<i>Priority</i>
<i>Schedule</i>		
	<i>Saturday</i>	<i>Sunday</i>

YOUR SCHEDULE

Fill in tomorrow's date, and then list all the tasks you need to complete. Remember to prioritize the tasks and star the most important ones in your schedule.

	<i>My long-term goals:</i>
	<i>My short-term goals:</i>
<i>Priority</i>	<i>Things to Do</i>
	<i>Schedule for the Day</i>