

STRESS FACTORS

Can Lead To . . .

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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Ways to Reduce or Relieve Stress

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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