

# 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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