

# STRESSED OUT



1 "Stress is bad and should be avoided at all costs."

\_\_\_ TRUE \_\_\_ FALSE

2 Listed below are some real "stress producers". Check those which would cause a lot of stress for you:

- \_\_\_ Your parents finding out you lied to them.
- \_\_\_ Flunking a test.
- \_\_\_ Hearing our country has declared war.
- \_\_\_ Getting bad grades on a report card.
- \_\_\_ Seeing your parents fight.
- \_\_\_ Being called upon by the teacher when you don't know the answer
- \_\_\_ Doing something you know is wrong.
- \_\_\_ Arguing with your brother or sister.
- \_\_\_ Having no money.
- \_\_\_ Moving away.
- \_\_\_ Getting a bad haircut.
- \_\_\_ Fighting with your parents.
- \_\_\_ Not having enough time.
- \_\_\_ Worrying about sex.
- \_\_\_ Other: \_\_\_\_\_

3 Answer this question: **What is the best way to get rid of stress?**

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4 **Dear Diary:**

Today was horrible! The worst day of my life! I can't believe my problems. Nothing went right. My best friend turned against me. I flunked a social studies test. Everyone laughed at me during P.E. because I was so clumsy. I can't take it anymore. I hate myself. 'Bye for now.

Leslie

Have you ever felt like Leslie? \_\_\_\_\_

What did you do when you felt like her? \_\_\_\_\_

What could you tell Leslie to help her feel better? \_\_\_\_\_

5 Look up one of the scriptures below and decide what it has to say about stress:

Proverbs 3:5,6

Matthew 6:33,34

I Peter 5:7

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