

# Stress Management skills

Date: \_\_\_\_\_ Task: \_\_\_\_\_ Name: \_\_\_\_\_

## What is stress?

“Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing, if their stress is in response to something emotional and there is no outlet for this extra energy and strength.”(<http://www.mtstci.org/skills/stress-definition-1.html>.)”

### 1. What causes you to become stressed? List five items:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### 2. As a teenager you have different levels/types of stress compared to adults why? Explain.

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### 3. The first Market Place show we watched was, “Busted Visa Gift Card”, why did the mother and daughter feel stressed about the daughter’s gift of a visa card? Explain each person’s stress separately.

Mother:

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Daughter:

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### 4. The second Market Place show called, “Super Bugs in the Supermarket” discussed antibiotics in your chicken how did this show make you feel? Do you think you would like to be informed or not informed when information about your food can affect your health? Why or Why not? Explain.

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5. The Holiday Season is often associated with stress, List five reasons why people may feel stress at this time.

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_  
5. \_\_\_\_\_

These are some strategies for handling negative stress

1. Schedule your important activities
2. Use a planner
3. Keep a budget
4. Talk with parents or other responsible adults
5. Have a support of friend
6. Keep a journal to help organize your thoughts and feelings
7. Listen to music
8. Participate in physical activity
9. Use breathing techniques
10. Eat a healthy diet
11. Get plenty of rest and sleep
12. Use responsible decisions making

6. Think of an occasion when you felt an uncomfortable amount of stress. In the center circle below jot down words that describe how you felt. Then choose strategies that you think would have worked in the situation and place them in the other circles connected to the main circle.

