STRESS MANAGEMENT

LESSON 2: STRESS TEST WORKSHEET

Instructions: After reading Tina’s Story answer the questions below and take the STRESS TEST.

Discussion Questions:

1. Was there ever a time when you felt discouraged like Tina? How did you deal with it?
2. What are some positive things Tina could have done?
3. What could you do if you noticed a student like Tina in you school?

**STRESS TEST**

In learning to handle your stress, it is important to check out how much tension you have at any given time. The following “Stress Test” will help you determine how much stress you are experiencing now. Check each of the following situations that are causing you stress in your life.

Directions: Rate the sources of you stress. Number 1 means you have low stress, 5 is high stress, and 3 would be average. Put an **X** on the line to show the amount of stress you experience in each situation.

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

\_\_\_\_\_Peer Pressure 1……….2……….3……….4……….5

\_\_\_\_\_Home 1……….2……….3……….4……….5

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

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

\_\_\_\_\_World Situations 1……….2……….3……….4……….5

STRESS MANAGEMENT

LESSON 2: ACTIVITY WORKSHEET

**STRESS TEST** (cont.)

\_\_\_\_\_Sports

\_\_\_\_\_Tests

\_\_\_\_\_Loss

\_\_\_\_\_Disabiltiy

\_\_\_\_\_Friendss

Add any other sources of stress not listed above.

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

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

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

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

**Rank each situation from most stressful to the least stressful.**

Write 1 in the square to indicate the situation you find most stressful, 2 for the next-most stressful, etc.

Look through the items you checked and circle any that you believe are causing you the greatest amount of stress.