

ACTIVITY 3C

ALL STRESSED OUT!

WHAT IS CAUSING MY STRESS? Handout

Circle the number that represents the level of stress you feel for each item.
Circle a 1 if it causes you little or no stress and a 5 if it causes you a lot of stress.

	A LITTLE STRESS A LOT OF STRESS				
The way my hair looks	1	2	3	4	5
Adults at home	1	2	3	4	5
Money (not having enough)	1	2	3	4	5
My weight	1	2	3	4	5
My homework	1	2	3	4	5
Peer pressure	1	2	3	4	5
Sports	1	2	3	4	5
My friends	1	2	3	4	5
My clothes	1	2	3	4	5
My siblings	1	2	3	4	5
Lack of free time	1	2	3	4	5
Too much free time	1	2	3	4	5
Nothing to do	1	2	3	4	5
Responsibilities at home	1	2	3	4	5
My complexion (acne)	1	2	3	4	5
School activities	1	2	3	4	5
Changes in my body/voice	1	2	3	4	5
Other:	1	2	3	4	5
Other:	1	2	3	4	5

Look at the stressors you have marked a 3, 4, or 5. Do you have a lot of those? Do you feel you are under a lot of stress? Take this handout home and discuss your 3, 4, or 5 stressors with your family.

SYMPTOMS OF STRESS

<p>PHYSICAL SYMPTOMS</p> <ul style="list-style-type: none">■ Extremely tired■ Headaches■ Difficulty sleeping■ Dizziness■ Sleeping too much■ Frequently sick■ Dry mouth■ Lump in throat■ Tight or aching neck and shoulders■ Increased perspiration■ Heartburn■ Backache or pain■ Faster beating heart	<p>BEHAVIORAL SYMPTOMS</p> <ul style="list-style-type: none">■ Grinding teeth■ Not hungry■ Over-eating■ Fidgety and restless■ Increased alcohol consumption■ Smoking or using tobacco products■ Acting out■ Using drugs■ Tapping fingers or feet■ Nail biting■ Declining academic grades■ Trembling legs
<p>EMOTIONAL SYMPTOMS</p> <ul style="list-style-type: none">■ Irritable■ Increased outbursts of anger■ Overly aggressive■ Withdrawn■ Anxious■ Lack of initiative■ Cries a lot■ Excessive worry■ Apathetic or indifferent■ Overly critical■ Lack of concentration■ Feeling of helplessness■ Overly emotional■ Impatient■ Unhappy	<p>COGNITIVE SYMPTOMS (how stress affects ability to think, reason, remember)</p> <ul style="list-style-type: none">■ Difficulty with memory■ Inability to concentrate■ Unable to make decisions■ Trouble thinking clearly■ Uses poor judgment■ Negative■ Constantly worrying■ Confused