

Name _____ Period _____ Date _____

SIGNS OF STRESS

Directions: After the class discussion on stress, list some physical, emotional, and behavioral signs of stress.

PHYSICAL (How you look)	EMOTIONAL (How you feel)	BEHAVIORAL (How you act)
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____
5. _____	5. _____	5. _____
6. _____	6. _____	6. _____

How might these students react in the following situations?

1. Julie broke up with her boyfriend and just discovered she is pregnant.
 Physical: _____
 Emotional: _____
 Behavioral: _____
2. Tom's parents are separated and considering a divorce. In that event, Tom and his sisters will have to live with different parents in different cities.
 Physical: _____
 Emotional: _____
 Behavioral: _____
3. Sarah's friends are all trying out for cheerleading. They have been pressuring her to try out, too, but Sarah is afraid.
 Physical: _____
 Emotional: _____
 Behavioral: _____