

STRESS FACTORS

<p>Stress Creators</p> <ul style="list-style-type: none"><input type="checkbox"/> tests<input type="checkbox"/> trouble in the family<input type="checkbox"/> secret activities<input type="checkbox"/> fear of danger<input type="checkbox"/> arguments<input type="checkbox"/> confrontations<input type="checkbox"/> divorce<input type="checkbox"/> friendships<input type="checkbox"/> personal values<input type="checkbox"/> problems at school <p>✓ _____</p> <p>✓ _____</p> <p>✓ _____</p> <p>✓ _____</p> <p>✓ _____</p>	<p><i>Can Lead To ...</i></p>	<p>Signs of Stress</p> <ul style="list-style-type: none"><input type="checkbox"/> headaches<input type="checkbox"/> anger<input type="checkbox"/> eating or sleeping too little<input type="checkbox"/> eating or sleeping too much<input type="checkbox"/> lack of energy and interest<input type="checkbox"/> intolerance<input type="checkbox"/> frustration<input type="checkbox"/> isolation<input type="checkbox"/> poor concentration<input type="checkbox"/> tension <p>✓ _____</p> <p>✓ _____</p> <p>✓ _____</p> <p>✓ _____</p> <p>✓ _____</p>
<p>Ways to Reduce or Relieve Stress</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		