


# STRESS FACTORS

# Stress

# Creators

- ☐ *tests*
- ☐ *trouble in the family*
- ☐ *secret activities*
- ☐ *fear of danger*
- ☐ *arguments*
- ☐ *confrontations*
- ☐ *divorce*
- ☐ *friendships*
- ☐ *personal values*
- ☐ *problems at school*



# Can Lead To...

## Ways to Reduce or Relieve Stress

[illegible]

# Signs of

# Stress

- ☐ *headaches*
- ☐ *anger*
- ☐ *eating or sleeping too little*
- ☐ *eating or sleeping too much*
- ☐ *lack of energy and interest*
- ☐ *intolerance*
- ☐ *frustration*
- ☐ *isolation*
- ☐ *poor concentration*
- ☐ *tension*

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