

# Stress Discussion

*Directions:*

Answer the following questions in the space provided. Be prepared to participate in a class discussion to share your answers with the class.

1. What is stress?
2. What do you think causes stress?
3. What causes teenagers to experience stress? Children? Parents? Married couples? Teachers?
4. Does stress affect the human body? How?
5. Is all stress unhealthy?
6. Why would two individuals respond differently to the same stressor?
7. How do you handle stressful situations?
8. Can you think of healthy ways to handle stress?
9. How does stress affect relationships, family and friends?