

Stress and Dealing with It!

Due October 13th in the box outside 302

Name_____

Student Number_____

Name 3 ways that stress can be a positive in your life?

What are three positive ways you could deal with stress?

What are three negative ways you could deal with stress?

What do you think are three of the biggest issues causing teens to be feeling anxiety and stress?

Tell me about a time that you failed at something and were able to learn something positive from the situation?
