

# Lesson 11, Unit 5

## Are You Stressed?

# 1. What are your eating habits like?

A. I'm always hungry.

B. I skip meals frequently or only eat a little—I'm just not that hungry!

C. I eat on a pretty regular schedule and don't notice being super hungry very often.

## 2. What are your sleeping habits like?

A. I'm always tired, even if I got some sleep.

B. I have a hard time falling asleep or I wake up a lot during the night.

C. I fall asleep pretty easily and sleep through the night. Sometimes I feel tired, but mostly I feel okay.

### 3. How often do any of these describe you?

- Frustrated or short-tempered
  - Nervous or hyper; have a hard time relaxing
  - Guilty; like I'm disappointing people or screwing up
  - Grouchy, moody, or easily upset
  - Worried or uptight; expecting something bad to happen
  - Low energy; wanting to get away from people or hide
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A. Frequently/a lot of the time

B. Occasionally/sometimes

C. Once in a while/not very often

## 4. How often do any of these happen to you?

- Headaches
  - Pounding heart
  - Sweaty palms
  - Tense jaw, grinding teeth at night
  - Tight or aching muscles
  - Fast breathing
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A. Frequently/a lot of the time

B. Occasionally/sometimes

C. Once in a while/not very often

## 5. How often do any of these fit you?

- I cry easily.
  - I freak out about stuff that didn't used to bother me.
  - I feel overwhelmed a lot.
  - I get really angry about little stuff.
  - I take my feelings out on other people or on pets.
  - I get really upset if someone criticizes me.
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A. Frequently/a lot of the time

B. Occasionally/sometimes

C. Once in a while/not very often

## 6. Are you dealing with any new situations?

A. My locations have changed: I've moved to a new house, a new neighborhood, a new school, or started a new job.

B. My relationships have changed: my parents recently separated or divorced; one of them got remarried or moved in with someone new; I have new siblings or step-siblings; I recently broke up with a boyfriend/girlfriend or had a major fight with a friend.

C. Nope, nothing major has changed.

## 7. How do you feel about your situation at home?

A. There's a lot of fighting at home. My parents/step-parents fight a lot with each other, with my siblings or with me.

B. My family's dealing with some bad stuff—somebody has lost a job, money is tight, somebody is sick or died recently, or our neighborhood is rough.

C. Things are mostly okay at home. I get along with everyone pretty well, even if we fight sometimes.



## 8. How do you feel about your situation at school?

A. Going to school scares me or makes me feel sick. I'm worried because I don't feel safe, or I feel overwhelmed by the tests and homework.

B. Going to school is depressing—I feel dumb all the time; I feel embarrassed because I don't have the supplies I need; I get picked on a lot by other kids.

C. School is okay. I don't always like going, but there are some good classes or fun activities or I can enjoy spending time with my friends.

# 9. How do you feel about your social situation?

A. I feel a lot of pressure to fit in. I worry about people talking about me behind my back or that I'll get left out. However, I usually enjoy a social situation like a dance or a party.

B. I get bullied, harassed, or picked on a lot. I don't have very many friends or people I can trust. I don't like being in social situations because people will ignore me or be mean to me.

C. I've got some friends I can rely on. Sometimes I worry about what other people say about me, but mostly I enjoy social situations.

## 10. How do you feel about yourself?

A. I put a lot of pressure on myself. I want to make sure I do things right. I don't want to disappoint myself or other people.

B. I put myself down a lot, either in my thoughts or when I talk to others. I say or think things like "I'm so dumb," "I'm fat and ugly," or "I suck at sports."

C. Most of the time I feel okay about myself. If I make a mistake, I can usually laugh about it.

# Are you stressed?

Total up your answers:

- How many A's did you get?
- How many B's?
- How many C's?

## If you got mostly A's or B's...

You are under stress and you may not have all the coping skills you need to manage your stress level.

## If you got mostly C's...

Right now, you're not under a lot of stress, or you have found ways to manage your stress pretty well. However, all of us will go through periods in our life where we have high stress levels, so it's important to learn about new and different healthy ways to manage your stress.

# Thumbs Up, Thumbs Down

- Stress only comes from bad stuff, like your parents fighting or being bullied at school.
- When you're under stress, you should just focus on handling the stressful situation, and not worry about stuff like eating right or getting enough sleep.
- When you're under stress, you should do whatever you need to in order to relax.
- You should do whatever you can to avoid having stress in your life.