

Understanding Stress- Character Group Exercise Wk.

Name_____Date_____Period_____

1. Which character did your group get?

2. How is the character feeling? (List at least three things)

3. What is causing the stress, what is the character worried about? List the demands they are experiencing and their thoughts or feelings about them.

4. How is the character behaving differently? Provide an example.

5. Action planning- What options would you say the character has to better deal with their stressful situation? Please list the positive consequences and negative consequences to each option your group comes up with. Fill up the table.

Options	Positive Consequences	Negative Consequences
1.		
2.		
3.		

Action plan: Outline what your group recommends for this character to begin managing their stress and feeling better. State how this could help their health now and in the future.