

Signs of Stress Activity Sheet

Stress is your body’s responses to events around you. Stress can be both positive and negative; if you decide to run a 5K race and begin training, your body will experience a good stress. If you break your leg, that is a bad stress. Sometimes stress is both positive and negative. Ideally, your level of stress should be motivating, not overwhelming or draining. Too much stress will exhaust your body and mind and lead to serious health problems.

Stress affects your mind and your body. It causes powerful feelings and biological changes. Your body responds with a “fight or flight response.” It is ready to fight to defend itself or run away to be safe from danger. Your heart speeds up. Stress hormones flood your body, preparing you for action. You may feel highly alert and focused. But if the stress continues, you will experience negative consequences.

List as many symptoms of stress as you can in the chart below.

Physical Symptoms	Emotional Symptoms
Behavioral Symptoms	Mental Symptoms

## **Causes of Stress**

### **Making School Better**

Based on what you have learned about stress and some of the causes, what are ways we can make school less stressful? How about ways we can help students manage stress? With your team, brainstorm some ideas for principals, teachers, and in general.

Ideas for the principal

Ideas for teachers

General ideas