

# STRESS

Print on card stock or laminate for durability. Cut along the dotted lines and place in a bowl or jar. Take turns drawing cards and answering questions.

What is stress?

What are the reasons of stress?

What is bad about stress?

What is good about stress?

Have you been under stress lately?

How do you react to stressful situations?

How do you manage stress?

How do you relax after a stressful day?

Do you sometimes enjoy the feeling of being stressed?

What is the most stressful experience you have ever had?

What are some negative ways people deal with stress?

How can you eliminate stressful situations?