

Questions about Stress 1-8

1. Is stress good or bad? Why?
2. As a society do we look at stress as good or bad? Why?
3. What is your definition of Stress?
4. What some causes of stress in your life?
5. How do you manage the stress in your life?

1. Define Stress.
2. Describe a situation that you had to deal with stress.
 - How did you handle the situation?
 - Was it handled positively or negatively?
3. How might you have handled it to make it more positive?