

INSTRUCTIONS: You must download and save this interactive PDF locally before you fill it out. Re-open the saved version using Acrobat Reader and add your comments.

Unit 2: Understanding Stress

Activity 1:

Think of the general factors that may provoke stress. Make note of the things that may cause stress in your life.

Write your ideas below.

Once completed save the PDF.

Activity 2:

What are common life events that may provoke stress? Which events cause you stress in your life?

Write your ideas below.

Activity 3:

Think about a situation where you were under stress – it could be short-term situation such as hearing bad news, feeling threatened by something or taking a driving test, or a long-term situation such as being in an unhappy relationship or having health worries.

Write your ideas below.

Activity 4:

If you are feeling stressed, there are a number of things that you can do to help yourself. Think about a situation where you were stressed. Which of these steps did you take to help self-manage your stress?

Write your ideas below.