

ACTIVITY 3C

# ALL STRESSED OUT!

## WHAT IS CAUSING MY STRESS? Handout

Circle the number that represents the level of stress you feel for each item.  
Circle a 1 if it causes you little or no stress and a 5 if it causes you a lot of stress.

	A LITTLE STRESS  A LOT OF STRESS				
The way my hair looks	1	2	3	4	5
Adults at home	1	2	3	4	5
Money (not having enough)	1	2	3	4	5
My weight	1	2	3	4	5
My homework	1	2	3	4	5
Peer pressure	1	2	3	4	5
Sports	1	2	3	4	5
My friends	1	2	3	4	5
My clothes	1	2	3	4	5
My siblings	1	2	3	4	5
Lack of free time	1	2	3	4	5
Too much free time	1	2	3	4	5
Nothing to do	1	2	3	4	5
Responsibilities at home	1	2	3	4	5
My complexion (acne)	1	2	3	4	5
School activities	1	2	3	4	5
Changes in my body/voice	1	2	3	4	5
Other:	1	2	3	4	5
Other:	1	2	3	4	5

Look at the stressors you have marked a 3, 4, or 5. Do you have a lot of those? Do you feel you are under a lot of stress? Take this handout home and discuss your 3, 4, or 5 stressors with your family.