Lesson 10
Handout 10A: My Personal Signs of Stress

Instructions

On your own:
1. Think of a recent stressful situation.
2. Think about how the stress affected you emotionally and physically.

Together:
3. Write at least two emotional and two physical ways that stress affects people.

Emotional Effects

1. ____________________________
   ____________________________
   ____________________________
   ____________________________

2. ____________________________
   ____________________________
   ____________________________
   ____________________________

Physical Effects

1. ____________________________
   ____________________________
   ____________________________
   ____________________________

2. ____________________________
   ____________________________
   ____________________________
   ____________________________