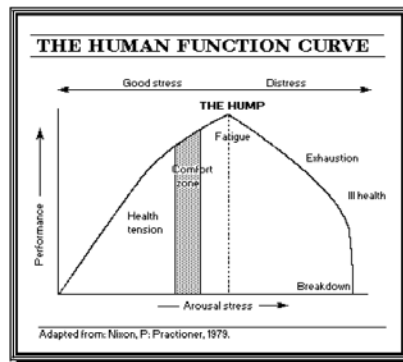


## 1.10 Stress Awareness

Refer to the Human Function Curve and using the table below, identify your level of stress in four areas of your life: school, relationship, schedule, and home. Stress symptoms may include muscle tension, upset stomach, headaches, anxiety, anger, depression, family and friend problems, sleeplessness, difficulty learning, and ongoing fatigue. Put an “X” in the column that applies



	Column 1 Good Stress: Enough to keep me motivated	Column 2 More Stress than I Like: But I can manage	Column 3 On the Brink: Feeling lots of fatigue	Column 4 Too Much Stress: Exhausted, sleepless, moody, or anxious	Actions I might take to reduce stress in each area that I marked columns 2,3, or 4.
<b>SCHOOL</b>					
Grades					
Teacher Expectations					
Extracurricular Activities					
<b>RELATIONSHIPS</b>					
Friends					
Classmates					
Family					
<b>Schedule</b>					
Schoolwork					
Job					
Other					
<b>Home</b>					
Parents					
Siblings					
Responsibilities					

Find the areas where you marked *More stress than you like*, *On the brink*, or *Too much stress*. What is happening in those areas to cause your feelings of distress? In the last column, make a short list of anything you might do to reduce your stress. Ideas could include exercise, nutrition/diet, relaxation, logical analysis, problem solving, supportive friends or family, support group, discuss with teacher or counselor. In the next unit, you will learn more about managing time and solving problems. You will find many ideas there to help you manage stress.