

# Understanding Stress and Support

People have different reactions to stress: Reactions may be physical (headache, sweating), psychological (trouble focusing, sadness), and/or behavioral (nail-biting, yelling). Review the scenarios below, list signs of stress that you experience in each situation, then write strategies that can be used to help reduce stress.

	Physical Signs	Psychological Signs	Behavioral Signs	Support Needed
Starting a new school				
Taking a test				
Losing a game				
Best friend moving away				
Parents having an argument				
Missing the bus				
Field trip being canceled				

	What Can Be Done to Reduce Stress? List Strategies and Individuals Who Can Help You if Needed.
Starting a new school	
Taking a test	
Losing a game	
Best friend moving away	
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Field trip being canceled	