

Stress Test

Read the first five statements and mark "T" for true or "F" for false.

- _____ 1. Stress is our body's reaction to what is happening to us.
- _____ 2. Some people may feel stress sitting on the beach.
- _____ 3. Driving a car always causes stress.
- _____ 4. Stress is usually positive.
- _____ 5. Taking a test can cause stress.

Stop

Stop

Stop

Read questions 6 - 10 and answer yes or no.

- _____ 6. Do you feel stress when taking a test?
- _____ 7. Does stress cause us to feel panic?
- _____ 8. Will eight hours of sleep each night reduce stress?
- _____ 9. If stress is not handled well, it causes exhaustion.
- _____ 10. Regular exercise or talking to a friend are positive ways to handle stress.

Seven Secrets for Immediate Stress Relief

LETT-IT-B

1. **L**ook
Recognize your stress. Stop and ask yourself, "What is going on here?"
2. **E**xercise
Do 10 to 30 minutes of brisk exercise, such as taking a walk, shooting baskets or dancing.
3. **T**alk
Talk about your stress with someone you trust. This gives you a chance to think about what is causing your stress.
4. **T**ime
Calm yourself; quietly take time to decide how to respond. Say, "I need to think about what is causing this stress."
5. **I**nterest
Do something creative like sing, draw, paint, sew, crafts or play music.
6. **T**hink Positively
Think of a pleasant experience. Day dream and push the stress out of your mind for a few minutes.
7. **B**reathe
Stop, relax, breathe deeply ten times. Count each breath to help focus and take your mind off the stress.