

# That Really Stressed Me Out

Read through the situations below and ✓ each one that you experienced within the last year. Mark whether the situation led to good stress or bad stress.

Situation	I experienced this within the last year	Good Stress (situation motivated you to prepare and do your best)	Bad Stress (situation made you feel overwhelmed and worried most of the time).
1. Meeting new people			
2. Being peer pressured			
3. Fighting with friends or siblings			
4. Failing a test			
5. Giving a presentation			
6. Engaged in several activities			
7. Parents arguing			
8. Feeling left out			
9. Moving			
10. Being teased			

If you checked the 'bad stress' box more than three times, you might be experiencing stress overload. Talk to a trusted adult.

# Math Worksheet Anxiety Relief Tips

**Jessica J Manson**



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