

STRESS MANAGEMENT (MIDDLE SCHOOL)



[Watch the video lesson](#) and then show what you know

1. **Stress is the uncomfortable feeling we get when we're worried, scared, angry, frustrated or overwhelmed.**

- a) True b) False

2. **What are some things in our life that cause us stress?**

- a) friends
b) family
c) school
d) all of the above

3. **Stress can be BOTH, good and bad.**

- a) True b) False

4. **Exercise is a great way to manage stress.**

- a). True b) False

5. **You can NOT get a stomachache or headache from stress.**

- a) True b) False

6. **Which of the following is NOT a healthy way to deal with stress?**

- a) talk it out with someone you trust
b) do something you love, like read, listen to music or draw
c) stay up all night playing on your phone
d) keep a balanced schedule