**UNDERSTANDING STRESS**

Complete and cut into four sections; print bold and large.

<table>
<thead>
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<th>* STRESS IS - - - -</th>
<th>* I KNOW I’M STRESSED WHEN - - -</th>
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<td>* HEALTHY THINGS I DO TO LOWER MY STRESS INCLUDE - - -</td>
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*WHAT STRESSES ME OUT -

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# STRESSFUL SITUATION SCENARIOS

1. You’re hanging out with friends when someone joins the group and offers everyone a drink from a bottle in a bag. It smells strong. You pass the bottle on without taking any. Someone calls you chicken and the group pressures you to lighten up and have fun.

   What do you do or say?

2. Teams have been assigned for science class projects and you are having a hard time working with your partners. You shared an idea for a project, asking your team if they thought it would work. They called you lōlō and said it was a lame idea.

   How can you deal with this situation to make it work?

3. Your best friend tells the person you like and think is cute that you have been talking stink about him or her. Another friend tells you to say something bad about your best friend to “pay them back.” You notice a stomachache and feel stressed about this.

   What do you do to fix this problem in the best way possible?

4. You tried out to perform in a local band but didn’t make it. The others thought you didn’t play the ukulele good enough and that you did not sing well. Your dream is to be part of a band, so you got mad and broke your ukulele. Now your mom is mad, too, as she got you the uke.

   How do you get over this and feel better?

5. You told your mom you wanted to go out with friends on Saturday night but she said you are still too young to drive in cars with other kids. Everyone else you hang with gets to go, but you don’t. Some says to lie to your mom and do it anyways. You really want to go out and don’t know what to do.

   What options do you have, and what would be the best choice?

6. Every day you have a really hard time staying awake in your classes. Teachers keep talking to you, but you don’t want to say you watch your baby sister till late while your mom works. It is hard for you to get much sleep because she is sick. You don’t want to fail or complain.

   What can you do to deal with the stress you are feeling?

*Adapted from the E Ola Pono Curriculum*
MANAGING TIME AND STRESS

Stress is: ________________________________

What causes me to feel stressed: ___________________________________________________

Good things I plan to do to fight the negative effects of stress:

1. ___________________________________________________________________________

2. ___________________________________________________________________________

What happens to me when I’m stressed out:

What I plan to do to manage my time better:

1. ___________________________________________________________________________

2. ___________________________________________________________________________