

Stressors Small Group Activity

Health 6-Mrs. Maus



Group Members:

Group Recorder: _____ Group Presenter: _____

Real Life Stressors

In your small group, please brainstorm 3 examples of *specific & realistic* stressors that people your age face. Remember, a stressor is **ANYTHING** that triggers the stress response in a person and can be a person, situation, place, object, event, etc.

Example # 1: _____

Possible suggestions for eliminating or reducing the negative effects of this stressor include: _____

Example # 2: _____

Possible suggestions for eliminating or reducing the negative effects of this stressor include: _____

Example # 3: _____

Possible suggestions for eliminating or reducing the negative effects of this stressor include: _____

