

Stressors & Responses

Directions: Give an example of how a person might respond positively and negatively to each stressor. A positive response would help the person handle the stress, and a negative response could make the stress worse or cause other problems for the person.

Stressor	Positive Response	Negative Response
Having too much homework		
Hearing a mean rumor about a friend		
Being unprepared for a big exam		
Getting stuck in traffic		
Losing your wallet		
Death of a pet		
Being assigned a task you don't know how to do		
Breaking up with a boyfriend or girlfriend		
Disagreeing with parents		
Being bullied at school		