C:\Users\C7\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\1H0GDVVP\MC900230824[1].wmf**WHAT IS STRESS?**

This week we will have a debate about stress. Take a look at these questions and be prepared to discuss your answers with the rest of your classmates. The more you participate, the greater your grade. Get ready and do your best. 20 pts.

1. What is stress?
2. What causes stress?
3. How do you recognize stress in your life?
4. Which situations stress you the most?
5. Have you been under stress recently?
6. How does stress affect your life?
7. When you are stressed, how do you feel physically?
8. When you are stressed, how do you fell emotionally?
9. Have you ever helped someone who was feeling stressed out?
10. Do you feel stress is ever good, helpful, or necessary?
11. Do you think that stress makes you feel more alive? Why?
12. Is your home life too stressful?
13. Is your school life too stressful?
14. In what way do you feel your daily schedule leads to stress?
15. Does stress make it hard for you to think or act?
16. Is sometimes your stress caused by relationships with other people?
17. How do you release stress?
18. Give suggestions for making school life less stressing
19. What are positive suggestions to deal with stress?
20. What are some negative ways to deal with stress?