

Name:

Bell Work Monday, September 13th

Circle or list below all of the words or feelings that you feel or experience when you are stressed.

Difficulty breathing	Embarrassed	Sickness	Exhaustion
Jittery	Dizzy	Bored, distracted	Gritting your teeth
Nervous	Shame	Appetite changes	Trouble sleeping
Tense	Aches/pains	Helpless	Heart racing
Fidgety	Worried, nervous	Sweating	Lonely
Sad/depressed	Clenching your jaw	Headache	Memory problems

Other: _____

List anything that causes you stress.

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