PSYCHOLOGY STRESS ACTIVITY

I. Complete the charts below:

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| STRESS | LIST CIRCUMSTANCES AND BEHAVIORS THAT CAN CAUSE STRESS IN FAMILIES | DESCRIBE SOME **NEGATIVE** WAYS THAT SOME FAMILIES RESPOND TO STRESS | EXPLAIN SOME **POSITIVE** WAYS THAT FAMILIES THAT RESPOND TO STRESS |
| Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure. |  |  |  |

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| STRESS | LIST CIRCUMSTANCES AND BEHAVIORS THAT CAN CAUSE STRESS FOR AMERICAN TEENS | DESCRIBE SOME **NEGATIVE** WAYS THAT SOME AMERICAN TEENS RESPOND TO STRESS | EXPLAIN SOME **POSITIVE** WAYS THAT SOME AMERICAN TEENS RESPOND TO STRESS |
| Stress is the feeling of being overwhelmed or unable to cope with mental or emotional pressure. |  |  |  |