

EXERCISE 21 ACTIVITY SHEET

# Stress Alert!

**Directions:** How would you handle these stressful situations? Write the stress releaser after each situation. Write your own stressful situation and stress releaser for number 5.

STRESSFUL SITUATION	STRESS RELEASER
1. You've been waiting all week to watch a favorite TV program and you find out you can't get the channel.	
2. You find out that your parents are going to get a divorce.	
3. Your best friend has decided to start smoking cigarettes.	
4. You're feeling resentful of all the work you have to do with little time to do it.	
5. _____ _____ _____ _____ _____	