**Personal Growth (Grade 10)**

Learning Target: I can recognize the major signs of stress

**Activity I**: Am I Stressed Out?

* Check off all the behaviors below that you experience

I use words or actions to hurt others on purpose

I hurt others without meaning to do so

I reach out to things that I hope will make the pain go away, but the pain remains

I just can’t stop crying; everything hurts my feelings

I feel tired all the time

I’m a perfectionist; nothing seems good enough

I’m anxious; I worry too much

I’m irritable; I anger easily

My eating habits have changed

I frequently forget things

I experience headaches

I often have an upset stomach

I have trouble concentrating

I don’t have the energy to do the things I used to do

I feel uptight

**Reflective questions**

1. Have you experienced any of the above in the past? Which ones?
2. How many have you experienced in a short amount of time?
3. Pick any 3 of the above and describe how you deal with them (or would deal with them)
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