**ARE YOU A STRESS SEEKER?**

Rank the following statements from 1 to 4. Rate yourself as to how you usually react to each situation.

(**4** = always, **3** = frequently, **2** = sometimes, **1** = never)

|  |  |
| --- | --- |
| **Ranking**  **1 - 4** |  |
|  | 1. Do you tend to put things off until the last minute and then have to “bear down” to get them done? |
|  | 1. Are you “at home” or comfortable in those situations where there’s pressure, competition or risk? |
|  | 1. Have deadlines or competition been a driving force behind many of your accomplishments? |
|  | 1. Do you feel exhilarated or energized while working toward a difficult task or reaching a big goal? |
|  | 1. Do you enjoy being in situations that are new, unfamiliar or different from what you’re used to? |
|  | 1. Do you tend to see obstacles as challenges rather than headaches? |
|  | 1. Are you constantly looking for ways to improve yourself? |
|  | 1. Do you prefer friends who are risk-takers rather than those who “play it safe”? |
|  | 1. Do you often compete, challenge or make a bet with yourself? |
|  | 1. Do you like to “calm down” shortly after a tension-producing event? |
|  | 1. When you are looking for things to do, like planning your weekends and having your ”vote” in where and what will be done for family vacations, do you suggest activities that include a lot of action? |
|  | 1. Do you like activities that include a certain amount of competition or risk? (ex. Rock climbing, racing or dirt biking) |
| **TOTAL SCORE:** |  |

**SCORING**

|  |  |
| --- | --- |
| 36 – 48 | You are a stress seeker who enjoys excitement and exhilaration. You like and thrive on stress. You look for and create a high-stress level to propel you into action. |
| 24 - 35 | You probably like things to go smoothly; you like harmony and strive to keep things in perspective, to balance your life in order to stay on an even keel. |
| 12 - 23 | You are likely to avoid stress and seek security instead. You prefer not to be charged with emotion and find such conditions drain and sap your energy. |

**STRESS JOURNAL**

**Only share as much information as you feel comfortable.**

1. List three things that have been a source of stress for you lately.
2. What are three things that you do that make you happy? Can you think of any other ways to achieve happiness?
3. When you are facing a stressful situation how do you usually deal with it?
4. a) Describe a big worry you are facing right now.

b) Imagine it is a year later and you are reading what you have just written. Keeping in mind how your past worries have turned out, how do you think you will feel about this problem in one year?

1. What do you see yourself doing 10 years from now?
2. When the stress in your life seems overwhelming to you, who are the first three people you would turn to? How does having a good relationship with these people make you more resilient to stress? List an example of how these people show support.

**Out of Control!**

**Write about an experience that happened to you where you felt particularly stressed. Only share as much information as you feel comfortable.**

1. Briefly describe the situation.
2. At what point did you know your stress was “out of control”?
3. Who did you turn to for help and support? What did you ask of that person?
4. What do you think you could have done differently so that things wouldn’t have become as stressful?
5. What did you do to get yourself back on track? What did you learn as a result, and how can you use this information the next time you feel extremely stressed?

**Coping With Stress**

Using the website <https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Helping-Teenagers-With-Stress-066.aspx> please respond to the following questions.

1. According to the research when do teens experience the most stress? /2

1. List five sources of stress for teens. /5

1. List five types of negative behaviours that a stress overload can lead to with teens. /5

1. Describe the “fight, flight or freeze”response. What triggers this response? /2

1. Describe the “relaxation” response. How does this response benefit teens? /2

1. List four behaviours and techniques teens can use to decrease stress. /4

1. Choose one of these behaviours or techniques you have used to manage a stressful situation. What was the cause of stress and how did this technique help you? /2