

We all have certain things or people that cause us to lose our composure from time to time. In this activity, try to figure out what causes you to "lose your cool". Once we begin to identify our stressors, we can learn to lessen their effect. Place a check mark next to each factor that causes you stress. You can add your own using the blank spaces.

What Pushes Your "Stress Buttons?"

Being late	Getting suspended
Too much homework	Your job
Oral reports	Taking a test
Babysitting	Video games
Going to the dentist	Using a computer
Arguments with friends	Closed in spaces
Restrictions at home	Commercials
Chores	Interruptions
Lack of sleep	Getting an injection
No date	Arguments with parents
Pimples	Losing
Physical Education	Careless drivers
Coming in last place	Slow drivers
Math class	Loud people
English class	Baby crying
Health class	Disrespectful children
Social Studies Class	Waiting on line
Science Class	Vacation
Other Class	Thinking about college
Cafeteria food	Holidays
Finding a friend betrayed you	Fight with boyfriend/girlfriend
Rude people	
No money	
No transportation	
Playing on a sports team	
Being cut from a sports team	
Losing something valuable	
Nothing to do	
Parents fighting	
Getting detention	

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