



Name: _____

Date: _____

Stress Mail

Instructions: Select one of the emails below and do some research on KidsHealth. Then, write your response, making sure to:

- Identify what you think is causing the person's stress
- Provide at least two ways for reducing stress
- Offer at least one suggestion for avoiding stress in the future

From: kate@stressfulschedule.com
To: Stress Mail
Subject: Stress on the go

I am so stressed! I barely have a minute to relax all day long. Before school, I go to swim practice, and after school, I work on the school newspaper and have piano lessons. On Saturday mornings, I volunteer at the local hospital. Then the rest of the weekend, I try to catch up on the schoolwork that I didn't have time for all week. I never see my friends, and I always eat on the run. I'm starting to have headaches and stomachaches. What should I do?

From: nicholas@numericallystressed.com
To: Stress Mail
Subject: Math stress

I can't remember the last time I got a good night's sleep. I keep waking up because I'm so stressed about my math class. I just toss and turn, thinking out about the next question I'll get wrong when the teacher calls on me. When the alarm goes off, I'm exhausted, and by the time math class rolls around, I can barely keep my eyes open. Help!

From: will@woefullystressed.com

To: Stress Mail

Subject: Stuck in bed

ARGH! Everything is going wrong. I have a science fair project due at the end of the month and it will take me forever to do because I'm lousy when it comes to science. To make things worse, we're playing basketball in P.E. next week and I've never even dribbled a ball. With so much stress, there are some days I just don't want to get out of bed.

From: sam@stressedandlonely.com
To: Stress Mail
Subject: Stress in the family

My parents are getting a divorce, and I'm really stressed out about it. I can't stop thinking about what's going to happen to my family. I don't feel like hanging out with any of my friends, and I don't think there's anyone I can talk to who will understand what I'm going through. When someone does try to talk to me, I snap at them and tell them to leave me alone. I don't know what to do to get this knot out of my stomach.