

Stress strips

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| Changing your school or job |
| Having no money |
| Death of a close friend or member of the family |
| A row with your mum, dad or member of your family |
| Marriage |
| Leaving school |
| Getting divorced |
| Christmas |
| Pressure to take drugs |
| Pressure to have sex |
| Being bullied or intimidated by your boss or a teacher |
| Waiting in a queue for a bus or to pay for shopping |
| Going on holiday |
| Talking to the headteacher or boss |
| Performing in front of an audience |
| Chatting to someone of the opposite sex |
| Driving a car |
| Tidying up |
| Thinking about school or work |
| Exams and assessments |

Rank these situations. Which is most stressful and why? Discuss your responses in a group and consider if stress is 'different' for each individual. Is stress person-specific (that is, what stresses one person may not stress another)?



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