

FD 8 STRESS MANAGEMENT



BEGINNER

1. Do you like being busy?
2. Do you work or study for long hours? Is your home life stressful?
3. Do you usually feel tired?
4. What things give you stress?
5. When you are stressed, do you eat more or eat less?
6. How do you relax?

INTERMEDIATE

1. What situations do you find stressful?
2. When you feel stressed out because of work / school / your family, what ways help you balance your life?

3. Does going shopping help you to relieve stress?
4. Are you outspoken about your opinions? How do you handle people who disagree with you?
5. Do certain colors make you feel happier?
6. What do you think is the most stressful job in the world? What is the least stressful job you can think of?

ADVANCED

1. Do you think that stress is beneficial or even essential in life?
2. Which would you choose: a stressful job with very high pay or a relaxing job with considerably low pay? Why?
3. Do you enjoy having discussions about politics or religion with people whose opinions are different from yours?
4. Do you always use the same method(s) to relieve stress or do you try different things?
5. Do you know anyone who breaks things or becomes violent when he or she is stressed? Cite a specific incident.
6. It is necessary for someone to have gone through a similar experience in order to help a person who is stressed?