



**Stress**, as defined, is a state of mental tension and worry caused by problems in your life, work, etc.. It can be something that causes strong feelings of worry or anxiety

### A. Conversation Questions

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- 1 How can stress affect people's lives?
- 2 What are the common reasons for stress for most people?
- 3 What do you think are the top stressors for your age group?
- 4 Have you ever encountered a stressful event in your life? How did you feel about it?
- 5 How do you know when you're stressed? What are the signs that you are already stressed?
- 6 How do most people react or respond to stress? How do you respond to stress?
- 7 Overstress can vastly affect our mental health. How do you think should people respond to stress in order to keep a healthy mind and a healthy life?

- 8 What would be your greatest escape when you want to relieve your stress? (e.g. sports, music, shopping) Why?
- 9 Do you feel more motivated or disheartened when you're stressed?
- 10 Do you agree that the advanced technology and faster way of life in the present have made life more stressful compared to the simple way of life in the past? Why or why not?

## B. Comment on the following quotes

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- 1 "Nothing is miserable unless you think it so; and on the other hand, nothing brings happiness unless you are content with it." - Boethius
- 2 Stress should be a powerful driving force, not an obstacle. -Bill Phillips
- 3 Men for the sake of getting a living forget to live. -Margaret Fuller
- 4 Give your stress wings and let it fly away. -Terri Guillemets
- 5 Stress is an ignorant state. It believes that everything is an emergency. -Natalie Goldberg, Wild Mind
- 6 The greatest weapon against stress is our ability to choose one thought over another. -William James
- 7 Stress is the trash of modern life we all generate it but if you don't dispose of it properly, it will pile up and overtake your life. -Terri Guillemets
- 8 Taking time out each day to relax and renew is essential to living well. -Judith Hanson Lasater
- 9 Stress is poison. -Agav Powers
- 10 "Believing that you must do something perfectly is a recipe for stress, and you'll associate that stress with the task and thus condition yourself to avoid it." -Steve Pavlina