

Stress and Lifestyle

1. What is stress? How would you define it?
2. What are common reasons for stress in people's personal lives?
3. Have you felt stress recently? Describe a recent stressful experience.
4. What physical symptoms do you have when you are stressed?
5. When you're stressed, are you fearful? Are you sad? Are you angry?
6. How do others know when you're stressed? Do you yell? Become silent?
7. Do you remember feeling stressed as a child? Why?
8. Which brings you the most stress: work, school, family, finances, health?
9. Are there specific activities that make you stressful? For example, speaking in front of a large group of people.
10. Does socializing make you more stressful or less stressful? Does solitude stress you out?
11. Do you think a stress-free life is possible? Is it desirable?
12. Have you ever been to a spa or had a massage? Did it help you relieve stress?
13. What kind of music relaxes you and relieves stress?
14. Do you exercise or play sports to lessen your stress? How often? Does it help?
15. Do you eat more, or less when you're stressed? Do you have any special comfort foods?
16. Does shopping reduce stress for you or does it create stress for you?
17. Do you pray when you're stressed? Does it help?
18. What are some unhealthy ways that people use to reduce stress?
19. Does technology create more stress for people, in your opinion?
20. Which of these activities helps you unwind the most after a stressful day at work?

Reading a book	Going out with friends	Playing computer games
Listening to music	Going to a good restaurant	Going on a fishing trip
Doing Yoga	Taking a nap	Planning a vacation
Making your favourite meal	Taking a walk	Going to a party
Watching a movie	Time with your spouse	Other