

## Stress and the Body T-chart: Answer Key

| POSITIVE (HELPFUL)                      | NEGATIVE (HURTFUL)                     |
|-----------------------------------------|----------------------------------------|
| Talking to trusted friends or adults    | Try not to think about it              |
| Sleeping well, healthy food, & exercise | Criticize ourselves                    |
| Positive thinking                       | Blame other people                     |
| Mindfulness                             | Thinking about all the negative things |
|                                         | Procrastinate                          |
|                                         | Pretend it's not true                  |

## Label the Effects of Stress on the Body: Answer Key

