

## Stress Conversation

### Student A

- ① What gives you stress?
- ② Are you more stressed on certain days?
- ③ What relaxes you the most?
- ④ Do certain people make you feel stressed out?
- ⑤ What are the negative effects of stress?
- ⑥ Do you think children feel stress?
- ⑦ Does technology hurt or help stress?
- ⑧ How do you get rid of stress?
- ⑨ Is there such thing as "good" stress?
- ⑩ Ask your own question:

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## Stress Conversation

### Student B

- ① How often are you stressed out?
- ② Are you stressed at certain times of the day?
- ③ Are men more stressed than women?
- ④ Who is the most relaxed person you know?
- ⑤ What is stress management?
- ⑥ Which jobs are most stressful?
- ⑦ Which jobs are least stressful?
- ⑧ How do you feel right now? Stressed? Relaxed?
- ⑨ What are three things you can do to reduce stress in your life?
- ⑩ Ask your own question:

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