Name: _____

Class: _____ Date: _____

Stress: A Game Changer

An activity of "How to make stress your friend"

Many people think of stress as all bad. However, research shows that stress has some good qualities too. **"How to make stress your friend"** (page 16–17, *What's Up* February 2021) explains this. Read it carefully. Then, work in pairs on this mind map.

This mind map presents:

- some negative aspects of stress
- how a positive view of stress can be a game changer.

1. Fill in the gaps to complete the map. Most of the words are from the article. The rest of the words are easy to guess.

2. Reflect, with your partner, on which parts of this mind map mean the most to you.