



Name: \_\_\_\_\_

Class: \_\_\_\_\_ Date: \_\_\_\_\_

## Weekend Fun: What Kinds of Stress?

*An activity of "How to make stress your friend"*

Read "**How to make stress your friend**" (page 16–17, *What's Up* February 2021). Good stress is called **eustress** (say "yu-stres"), and stress that is bad for our health is **distress**. The article describes both in detail. Do the following to get practice in taking stock of the sources of stress in your life.

1. **Before the weekend** — List four activities that you would enjoy doing during the weekend. They may be your regular weekend activities or special events in your neighbourhood or school. There are also activities — reading, art, singing, heat-free cooking, daydreaming, exercising, gardening, cleaning, and so on — that you can carry out on your own. Include only those that your parent/guardian allows you to do.

Activity or event	Date and time	Brief description of what you plan to do
a.		
b.		
c.		
d.		

2. **After the weekend** — Write a brief reflection about your four weekend activities. Use these questions to guide your thinking:
  - Which part of the activity did you enjoy the most? Was there eustress (good stress) for you while you were doing it? How do you know this?
  - Did you experience any distress before, during or after each activity? Why do you think there was distress?
  - Are there little steps you can take to reduce distress and increase eustress in your life?

**Be good to yourself by having a healthy attitude to stress!  
Use what you now know about eustress and distress in your daily life.**