

Fighting Invisible Tigers: A Stress Management Guide for Teens

by Earl Hipp

1. Hipp defines stress as “the general feeling you get as a result of a lot of different kinds of problems and challenges”. How do you define stress?

2. Describe how your body reacts to stress.

3. What are some of the strategies that you use to deal with stress?

4. What is your THR? Is it within normal range?

If yes, what are some of the things that you believe have contributed to a normal THR?

If your THR is not within normal range, what can you do to improve in this area?

5. As a CBGS student, you have responsibilities at two different high school environments. You are likely to experience a certain level of stress, particularly in the area of time management and setting priorities.

Explain how you plan to handle the stress?