

## Stress

- What do you do to relax after working hard or experiencing other challenging or stressful situations?
- Do you think life is more stressful today than fifty years ago? ...one hundred years ago? ...in the distant past?
- Have you ever practiced yoga? Tell me about it?
- Have you ever done meditation? What was your experience?
- In what ways are mind and body connected?
- Can you give some examples of how mind and body are connected, from your own experience.
- What is stress?
- What causes stress?
- How does stress affect you?
- Do you have a kind of red warning flag that indicates too much stress?
- When you are stressful, how do you feel physically? (tired, can't sleep, having a stomachache...)
- When you are stressed, how do you feel emotionally? Do you feel nervous or worried about the stressful situation?
- Do you get angry easily?
- Have you ever helped someone who was feeling stressed? What did you do? What kind of advice did you give them?
- Have you ever helped someone that you didn't know?
- What are qualities of a good counselor?
  - Is it necessary to have shared the same experience?
  - Is it important to be an expert?
  - Is it better to listen or to talk a lot when you counsel someone?
- Do you think stress is ever good, useful, or necessary? Why or why not?
- Do you play games, sports or do other activities that can be stressful?
- Is stress good before an exam?
- In what situations can stress be a good thing? Does stress ever make you feel more alive?
- If you are playing a sport and your team is losing, does it give you extra energy?
- Is your home life stressful? Can you relax at home?
- Do you enjoy having discussions about politics with other people who have different opinions?

### Personal Stress

- Have you felt stress recently?
- Did the stressful feeling last a long time or a short time?
- Had the cause of the stress happened to you before or was this a new situation?
- How often do you think you feel too much stress?
- Do you feel too busy sometimes?
- In what way does a too full schedule lead to stress?
- Do you like being busy?
- If you are very busy at work or at school, do you have ways to balance your life?
- If you have nothing to do, do you enjoy yourself or do you get bored?
- Does stress make it hard for you to think or act?
- How can you judge what is the right amount of stress for you?
- Is your stress caused by relationships with other people?
- Does stress come when you worry about your life?
- Do you keep your worries a secret from other people?
- Do you have anyone you can talk to when you are worried?
- What do you do when you have stress

### Stressful Situations

- Are there situations that you find stressful?
- Do you feel tense when you meet someone for the first time?
- Do you get nervous if you have to make a speech in public?
- Do you suffer from stress when you have too much work to do?

- Do you work or study for long hours under stressful conditions?
- Does the place you live have a low-stress environment?
- Can you be alone as much as you like?
- Can you be with friends as often as you like?
- Is it easy for you to make decisions about important things?
- Can you relax when you are sleeping away from home?
- In what kinds of situations do you observe other people feeling stressed?
- What are some situations that you enjoy?
- What are some situations that make you feel stressful?
- How can you eliminate stressful situations?
- Can you plan a low-stress, cheap, one-day holiday?

### **Controlling Stress**

- How do you relieve stress?
- What stresses you out?
- Do you have a stressful lifestyle?
- How do you get control of a stressful situation that is getting too tough?
- What is the "fight or flight" response?
  - How does it relate to stress?
- Do you enjoy the feeling of being stressed?
- If you are feeling stressed, what do you do?
- Do you like to relax or be active when stressful?
- Are you capable of relieving your stress or do you need help?
- Can alcohol cure stress temporarily?

### **Living Stress Free**

- How can you live a stress free life?
  - Can you give five suggestions that would be inexpensive?
  - Can you give five suggestions for children?
  - Can you give five suggestions for the wintertime?
- Give us suggestions for making school life less stressful.
- When stressful do you like to listen to a certain kind of music?
- Does it help to go shopping or take a long walk?
- Do you like to be alone or be with other people?
- Do you eat more or eat less?
- Do certain colors make you feel happier?
- Do you always follow the same pattern to relieve stress or do you try different things?
- What are some positive ways people deal with stress?
- What are some negative ways people deal with stress?
- How do you deal with stress?
- What is the most stressful experience you have ever had?
- When was the most stressful time of your life? Did you learn anything from that experience?
- What do you think is the greatest cause of stress for most people?
- What is your greatest cause of stress?
- Do you deal with stress differently than your parents do/did? If so, how?
- Do you know of anyone who likes to break things or become violent when they are stressed? What have they broken? What kind of violence do they do?
- What is the most stressful job you can think of?
- What is the least stressful job you can think of?
- Which would you choose: A stressful job with very high pay or a relaxing job with considerably low pay? Why?
- Is being single less stressful than being married? What are the advantages and disadvantages of each?
- How do you reduce stress in your life?