





Four Levels of Stress

	Signs you are at this level	What to do
<p>GREEN</p> 	<p>Confidence</p> <p>Happiness</p> <p>Feeling ready to meet challenges</p> <p>Recovering quickly from setbacks</p> <p>Getting along with others</p> <p>Feeling the Spirit</p>	<p>This is the ideal. Here you are handling the everyday stressors of life, learning, and progressing.</p> <p>Continue to do your best and trust in the Lord.</p>
<p>YELLOW</p> 	<p>Feeling tense, worried, insecure, anxious, or unprepared</p> <p>Trouble getting along with others</p> <p>Difficulty feeling the Spirit</p>	<p>It is normal to spend some time at the yellow level.</p> <p>Being kind to yourself as you cope with challenges and learn new skills will help you become stronger and increase your abilities. Continue to pray and do your best. Look to the Lord for help, and try some of the skills you will learn in this lesson.</p>
<p>ORANGE</p> 	<p>Exhaustion (physical and emotional)</p> <p>Illness (for example, upset stomach)</p> <p>Getting angry easily</p> <p>Feeling deeply discouraged</p> <p>Inability to feel the Spirit</p>	<p>No one enjoys being at an orange level of stress, but this is rarely permanent.</p> <p>Pray for guidance as you study scriptures and apply the suggestions in this lesson. If you stay at the orange level for more than three days, let your parents or a trusted adult know so they can help.</p>
<p>RED</p> 	<p>Persistent depression, panic, or anxiety</p> <p>Hopelessness</p> <p>Trouble eating or sleeping (can lead to illness)</p> <p>Feeling overwhelmed</p> <p>Inability to move forward</p> <p>Feeling abandoned by God</p>	<p>If you are at this level, speak to a parent or trusted adult for help.</p> <p>Consider seeking professional help and asking for a priesthood blessing. Consider taking time to write in your journal and pondering the suggestions in this lesson. Perhaps take a break from the things you find most difficult until you have a chance to speak with a trusted adult.</p>