

Stress and Anxiety

Stress and anxiety are normal emotions we experience in life. These emotions describe the ways the brain and body respond to any demand, such as relationships with friends, a test at school, or an important decision.



Feeling stress and anxiety too often or for too long can cause physical and emotional problems. For instance, you might:

- Get sick often.
- Feel angry.
- Have drastic changes in your appetite.
- Experience a lack of focus.
- Face social anxiety, fear, and panic attacks.

Are you feeling too much stress and anxiety for too long or too intensely? If so, explain.



Trying to avoid all stress or shutting down when we feel anxiety can lead to increased fear, worry, and social isolation. It can limit our progress and lead to more stress in the future. For example, avoiding homework now can make future homework and tests on that subject much more stressful.

Are there things the Lord wants you to do that you are avoiding because they might cause stress and anxiety? If so, explain.



When you respond to normal amounts of stress and anxiety effectively and with the Lord's help, you are more likely to:

- Complete your tasks and assignments.
- Progress toward your goals.
- Establish and maintain healthy relationships.
- Increase your capacity to respond in healthy ways in the future.

How has the Lord helped you increase your capacity to manage your stress and anxiety?