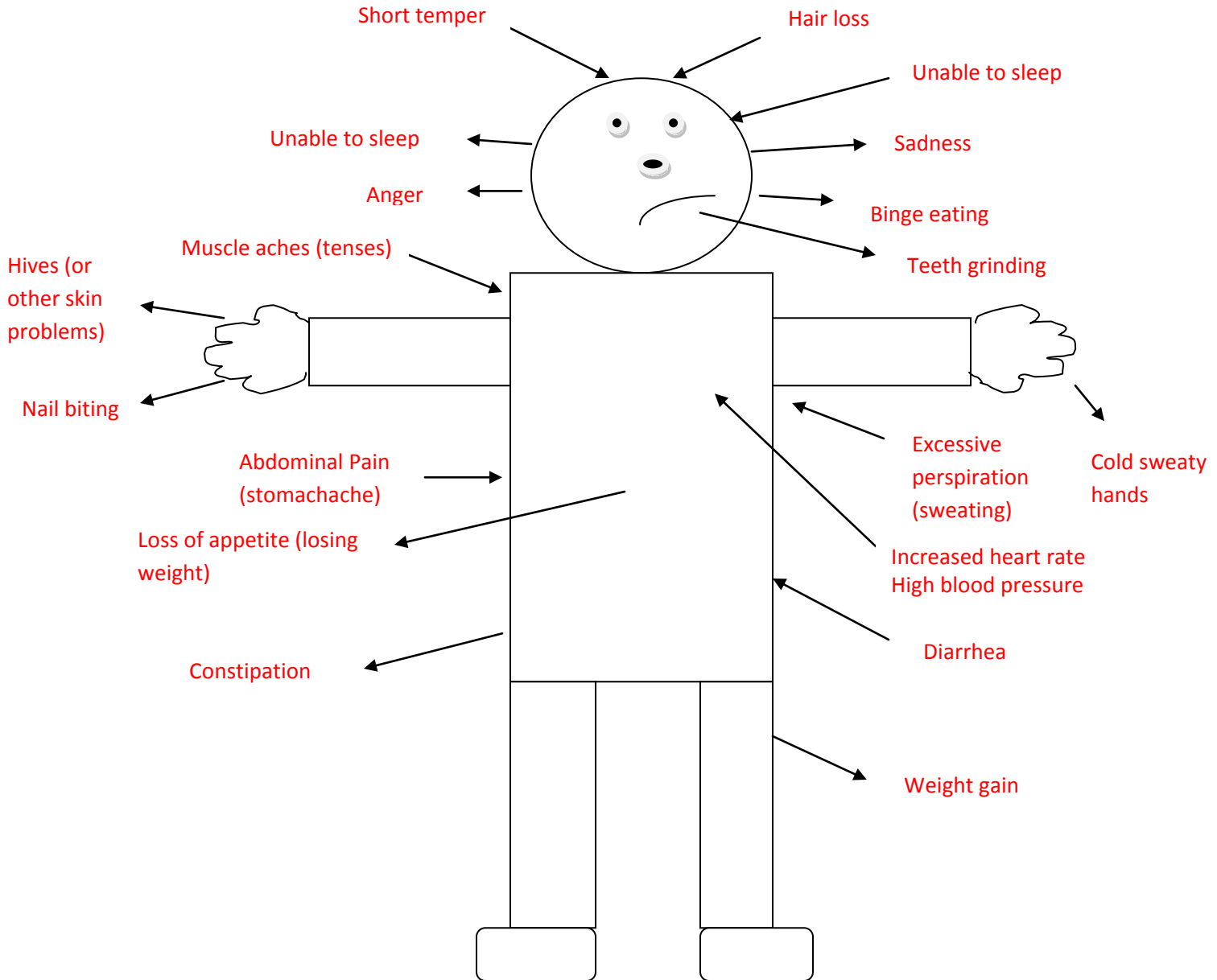


## Signs and Symptoms of Stress (Teacher Key)

Label the drawing with the ways stress can affect you. There are a total of 20 possible signs and symptoms of stress.



Other possible answers: avoiding certain people, listlessness, restlessness, rapid speech, depression, insomnia, pessimistic (negative thoughts), fatigued (exhausted), crying, isolation, headache, nail biting, inability to focus and clenched jaw.