

A top-down illustration of a wooden desk. On the left is a yellow notepad with a green sticky note. In the center are a yellow pencil, a blue pen, and an orange pen. Several silver paper clips are scattered around. On the right is a white coffee cup filled with dark coffee, sitting on a white saucer.[Edit this form](#)

## Handling Stress with Ease

\*Please answer the following questions honestly. There are NO right or wrong answers!

\* Required

How stressed do you currently feel with your school work? \*

Not stressed at all

Just a little stressed

Pretty stressed, but I'm handling it

Very stressed/ Overwhelmed

Choose one:

Academic stress in high school is normal. \*

- Yes
- No
- I'm not sure

When homework stresses me out, I think avoiding the work is a good option. \*

- Yes
- No
- I'm not sure

I know at least three things I can do to lower my stress. \*

- Yes
- No
- I'm not sure

I know how to break down a large assignment into manageable parts. \*

- Yes
- No
- I'm not sure

I know of someone I can talk to if stress becomes too much for me to handle. \*

- Yes
- No
- I'm not sure

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