

Stress in My Life

Revised selection – original text by Sue Moua, St. Paul

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Pre-reading

Questions:

- What kinds of stress do you have in your life?

Definitions:

- Stress – strain on the mind and/or body
- Reduce – to make less
- Nutrition – taking in food

Reading

17 I get stressed all the time. I get stressed when I am at home. I get stressed
34 when I don't have enough money, and I get stressed at work. I need to reduce my
stress and learn how to handle it better.

42 One thing that helps me feel less stressed is getting enough sleep. I try to get a
59 good night's sleep each night. I know that it is also important to have good nutrition.
75 I try to eat good foods and stay away from **junk food**. Exercise is another way to
92 reduce stress.

94 Spending time with my family makes me feel less stressed. Shopping also
106 makes me feel good. However, I have to be careful when shopping. Too much
120 shopping can cause me to have too little money, which can cause more stress.

134 Stress is a big problem in America. Many people have lots of stressors in their
149 lives. We all need to learn ways to cope with stress.

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Understanding

1. What is **junk food**? _____

2. Where does the author feel stressed? _____

3. Who makes the author feel less stressed? _____

4. How does shopping both help and hurt her level of stress? _____

5. What are four ways she copes with stress? _____

6. Do you agree with the statement, “Stress is a big problem in America”? Why or why not? _____

Writing

Choice A: Retell the reading in your own words.

Choice B: Write about how you cope with stress.
