

### **Chapter 3 Journal Questions**

#1 You are invited to a friend's birthday party. What about this situation could cause you to experience stress?

#2 Is stress only bad or can there be good stress? Explain your response.

#3 Consider the sources of stress in your life. Write down why you think each is causing you stress.

#4 Define resilience.

#5 Is it easy for you to ask help with problems? Why or why not?