

INTERNATIONAL BIBLE LESSONS
PROGRAM #43 October 29 – Nov. 1, 2015
Radio Worksheet
“DEALING WITH STRESS”

Answer these questions relating to stress in your life.

1. Have you ever suffered from stress? Explain the symptoms.
2. What is stress? _____ conflicts caused by _____ situations.
3. Do you know what caused your stress? What was it?
4. Sometimes good things can cause stress. Name a few.
5. What kind of people are most prone to stress?
6. What are some of the signs of stress? Can you recognize them in yourself?
7. Stress basically shows up in the _____ and _____ parts of us.
8. What emotional problems may be a result of stress?
9. What physical problems may be evidence of stress?
10. How might stress show itself in your ministry?
11. What are some steps you can take to handle stress in your life?
12. Is all stress bad? Why?
13. How could IBL teaching materials lessen your stress as a teacher?