



Teen Stress *An Inside View*
Study/Discussion Guide
Expert View 2: **The Mind-Body Connection** pages 12-13

Summary: Psychological stress can show itself in physical symptoms.

1. Discuss and/or list stress symptoms. Common examples: headaches, eating and/or sleep difficulties.
2. Discuss seasonal factors and how stress symptoms may change during the summer and school year.
3. If stress factors do vary at different times of the year, what are students doing to anticipate and prepare for known stress factors?
4. When is the best time to have a physical to see if stress is a factor in your life?
5. Discuss when and how to find good times to talk to parents about stress symptoms and difficulties.
6. Does physical reaction to mental pressure mean you are crazy? Discuss Dr. Schneider's views. Discuss how students distinguish between "garden variety", everyday stress and stress that requires medical treatment or therapy.
7. Consider having students create journals or logs to record "stress symptoms" over a period of weeks and/or months. Compare and discuss.

This information is provided FREE as a public service to educators and students and is intended to be used as a study/discussion guide in association with the book entitled, **Teen Stress: *An Inside View***, which is included in The Power Nap Kit™ © 2003 At Peace® Media LLC.

Visit www.powernapkit.com or www.powernapclub.com to download additional study/discussion guides, to order the **Power Nap Kit™** and to read about and view video clips of the students in Anton Anderson's original **Power Nap Club™**.
