

## Stress

Do you often feel stressed?

What things make you feel stressed?

Have you felt stressed lately? Why?

Does work usually make you feel stressed?

Do social situations often make you feel stressed?

Have you ever felt any financial stress in your life?

How do you feel emotionally when you get stressed? Do you get angry easily?

How do you feel physically when you get stressed? Do you get physical symptoms like headaches or stomach aches?

What things can we do to reduce stress in our lives?

Do you have any special relaxation techniques?

Do you think physical activities like yoga or exercise help to reduce stress?

In your opinion does modern life causes stress? If so what things in particular about modern life cause stress?