



Coping Skills

Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the *Coping Skills* lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. What is stress?

2. List three things that can negatively affect the body's ability to cope.

a. _____

b. _____

c. _____

3. What are three things that someone experiencing too much stress might experience?

a. _____

b. _____

c. _____

4. List three ways to manage stress.

a. _____

b. _____

c. _____

5. What is an anxiety disorder?

6. What is depression?

7. Marijuana is a shredded green or brown mix of dried flowers, stems and leaves from what plant?

8. How long does the high from marijuana usually last?

9. What are three things marijuana can do to the body?

a. _____

b. _____

c. _____

10. What are two long-term effects of marijuana use?

a. _____

b. _____

11. Is it legal to grow, possess, or sell marijuana in Wisconsin?
