

Questions About Stress

1. When was the last time you were stressed?
2. What do you do to manage stress?
3. Do you get stressed at school/work?
4. How would you describe stress to an alien?
5. Does stress ever affect your sleep?
6. How can stress negatively impact a person's health?
7. Do you think it is easy to identify stress?
8. How can you help someone who is feeling stressed out?
9. What activities help you to relax when you're stressed?
10. When you're stressed, does it last for a short time or a long time?
11. Do you get stressed before a big exam?
12. Do you feel anxious or nervous when you meet new people?
13. What kind of things stress you out?
14. What do you think is the most stressful job in the world?
15. Does your family make you stressed?
16. What do you think is the most stress-free job in the world?
17. Do you think stress is ever a good thing?
18. Would you rather have a high-paying stressful job, or a low-paying stress-free job?
19. What are some healthy ways to relieve stress?
20. What are some unhealthy ways to relieve stress?
21. Do you get stressed when you read the news?
22. Do you think social media can make people stressed?
23. What's your favorite place to go to relax?
24. Is it possible to live a completely stress-free life?
25. What do you think would be more stressful? Getting married or moving house?
26. Have you ever helped someone who was feeling stressed?
27. Do you think stress is a mental or physical condition?
28. What would a stress-free vacation be like?
29. How many times a day do you feel stress?
30. How can you eliminate stressful situations from your life?

