

Coping Skills Worksheet

Name: _____

Date: _____

Instructions: Complete this worksheet as you move through the Coping Skills Lesson.

1. What is stress?

2. List three things that can negatively impact 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 cause to happen in 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?
