

Feb 12, 2019

## Stress Continued

- Measuring your stress and coping skills activity

### Warm-Up

In 2014,  % of Canadians aged 15 and older (6.7 million people) reported that most days were 'quite a bit' or 'extremely stressful'. Since 2003, females were more likely than males to report that most days were 'quite a bit' or 'extremely stressful'.



Complete the lab activity 10-3:  
Measuring Your Stress and Coping Skills

How much sleep do you think you should you be getting each night??



Sleep ~8-10 hrs of sleep each night



- Vital to your well-being getting enough can help you be more alert, have more energy, to eat better and manage your stress
- Not getting enough can limit your ability to learn, listen, concentrate and solve problems. Can contribute to acne and other skin problems, lead to aggressiveness, inappropriateness and impatience and cause obesity.



Do you think you can sleep too much?  
