

You have just read this blog post about **stress**.



### **Dealing with Stress**

*March 3, 2020*

*by JLoe25*

*Our national health organisation has just released a report that I found rather shocking. It stated that over 65% of all teenagers in this country experience some form of stress. The report also gave reasons for the high stress level and made a few suggestions on how to manage stress.*

*How do you feel about it? I would be grateful to hear your views.*

You have decided to **comment** on the blog post (about **250 words**). In your comment you should

- write about the different types of stress that teenagers of your age might experience.
- describe the positive and negative effects of stress on young people.
- suggest ways of coping with stress.

**Room for corrections**

