

Name _____ Date _____

I'm stressed out!

I'm stressed out. It has been a very busy month. I've fallen behind at work. I was supposed to have finished typing a letter for my boss, but I am only half way done. I have an important meeting this afternoon, but I haven't prepared for it yet. Tomorrow I have to give a speech at an annual conference, but I haven't finished making my notes. I have been thinking about changing what I want to talk about. I came up with a few ideas, but I'm scared it won't be interesting. Each time I start to write a new speech, the phone rings. Now, I have stopped answering the phone because I can't get any work done. I skipped lunch at least three days this week. I don't even have time to eat a sandwich. I already cancelled two meetings next week because I am so far behind in my work. I had to reschedule my dentist's appointment for tomorrow. Even when I go home this evening, I still have work to do. I have to buy groceries because the refrigerator is almost empty. Also, for the last four days I have forgotten to mail an important letter. I have to mail it tonight it will be too late. I can't wait until next month when I will be less busy.

Answer the questions below.

1. Why am I stressed?

2. Have I started typing my letter?

3. Have I prepared for my meeting?

4. Have I eaten lunch?

5. Can I relax at home tonight?

6. What have I forgotten to do for the last four days?

7. Why can't I wait until next month?
