Managing Stress

- It is important to know how you react to stressful situations in your life.
- Answer the questions and use them as a guide to help you manage stress in your future.

**WHAT ARE THREE STRENGTHS OF YOURS?**
*Examples: Having a sense of humor, being a good friend to others, being a good listener, not losing your temper easily.*

1. 

2. 

3. 

**WHEN YOU GET STRESSED, HOW DO YOU COPE?**
*Positive examples: Talking to someone, listening to music, reading a book, journaling, talking with friends.*
*Negative examples: Fighting with your family, bullying someone, procrastinating, not doing your homework.*

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**WHAT ARE THREE CHALLENGES THAT YOU FACE OR THINGS ABOUT YOU THAT YOU WOULD LIKE TO WORK ON?**
*Examples: Procrastinating, having a bad temper, having a hard time talking to others when you are feeling down.*

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**ONE OF THE BEST WAYS TO COPE DURING STRESSFUL TIMES IS HAVING SOMEONE TO TALK TO.** WHO ARE YOU ABLE TO TALK TO WHEN YOU ARE FEELING STRESSED?
*This could be someone from school, in your family, or in your community.*

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