



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

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.

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
