



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
