

Lesson #7

Ways to Manage Stress

Objectives

- Evaluate effective strategies for dealing with stress
- Apply stress management techniques to manage personal stressors
- Practice stress management techniques

Journal Entry Question

- Identify a stressful situation or particular stressor that's occurred in your life since the last class, or one you anticipate facing in the future, and describe your response. How did/might you feel? How did/might you think? What did/might you do as a result of the stressor?

Positive Ways to Cope with Stress

- **Make healthy choices.**
- **Get support.**
- **Understand your feelings.**
- **Find ways to relax.**

- **Keep a sense of humor.**
- **Take action when you can.**
- **Resolve or eliminate the source of stress.**
- **Identify how to prevent stress in the future.**

Why would these be positive ways to cope with stress?