

12 Stress-Management Techniques (Key)

Complete each statement showing how you would manage stress. *Answers will vary.*

1. Talk to someone you respect and trust (*friends, parent, teacher, counselor*)

2. Develop a hobby (*drawing, reading*)

3. Exercise (*running, walking, zumba*)

4. Eat healthy (*plenty of fruits and vegetables*)

5. Get plenty of rest (*seven to eight hours of sleep*)

6. Take deep breaths (*relax, meditate*)

7. Take breaks (*slow down, one task at a time*)

8. Learn acceptance (*approval, loyalty*)

9. Plan ahead (*time management, calendar*)

10. Assume personal responsibility (*ownership*)

11. Be realistic (*truthful, faithful*)

12. Think positive (*smile, attitude*)

What other suggestions do you have for managing stress?