

12 Stress-Management Techniques

Complete each statement showing how you would manage stress.

1. Talk to someone you respect and trust

2. Develop a hobby

3. Exercise

4. Eat healthy

5. Get plenty of rest

6. Take deep breaths

7. Take breaks

8. Learn acceptance

9. Plan ahead

10. Assume personal responsibility

11. Be realistic

12. Think positive

What other suggestions do you have for managing stress?