

Unit 3.4 Stress Management Skills

Reduce Your Stress Level Activity Level 3 Worksheet

List 3 Things You Do to Cope with Stress That Are Not Working or Unhealthy

- 1.
- 2.
- 3.

List 3 Healthy Things That You Can Do to Cope with Stress to Replace each Unhealthy Thing.

- 1.
- 2.
- 3.

Try to include one stress management technique to use every day.
At the end of the week, answer the following questions and submit to your instructor.

1. Which ineffective or unhealthy copy strategy did you set out to change and why?
2. Which healthy stress relief techniques did you try during the week?
3. Were any of the techniques new to you?
4. Which ones worked best for you?
5. How much do you think stress affects you in your current life at college?
6. Do you feel like you have your stress under control or not?
7. If not, what else might you do to reduce your stress level?

