

## 12 Stress-Management Techniques

Complete each statement showing how you would manage stress.

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1. Talk to someone you respect and trust

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2. Develop a hobby

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3. Exercise

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4. Eat healthy

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5. Get plenty of rest

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6. Take deep breaths

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7. Take breaks

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8. Learn acceptance

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9. Plan ahead

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10. Assume personal responsibility

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11. Be realistic

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12. Think positive

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What other suggestions do you have for managing stress?