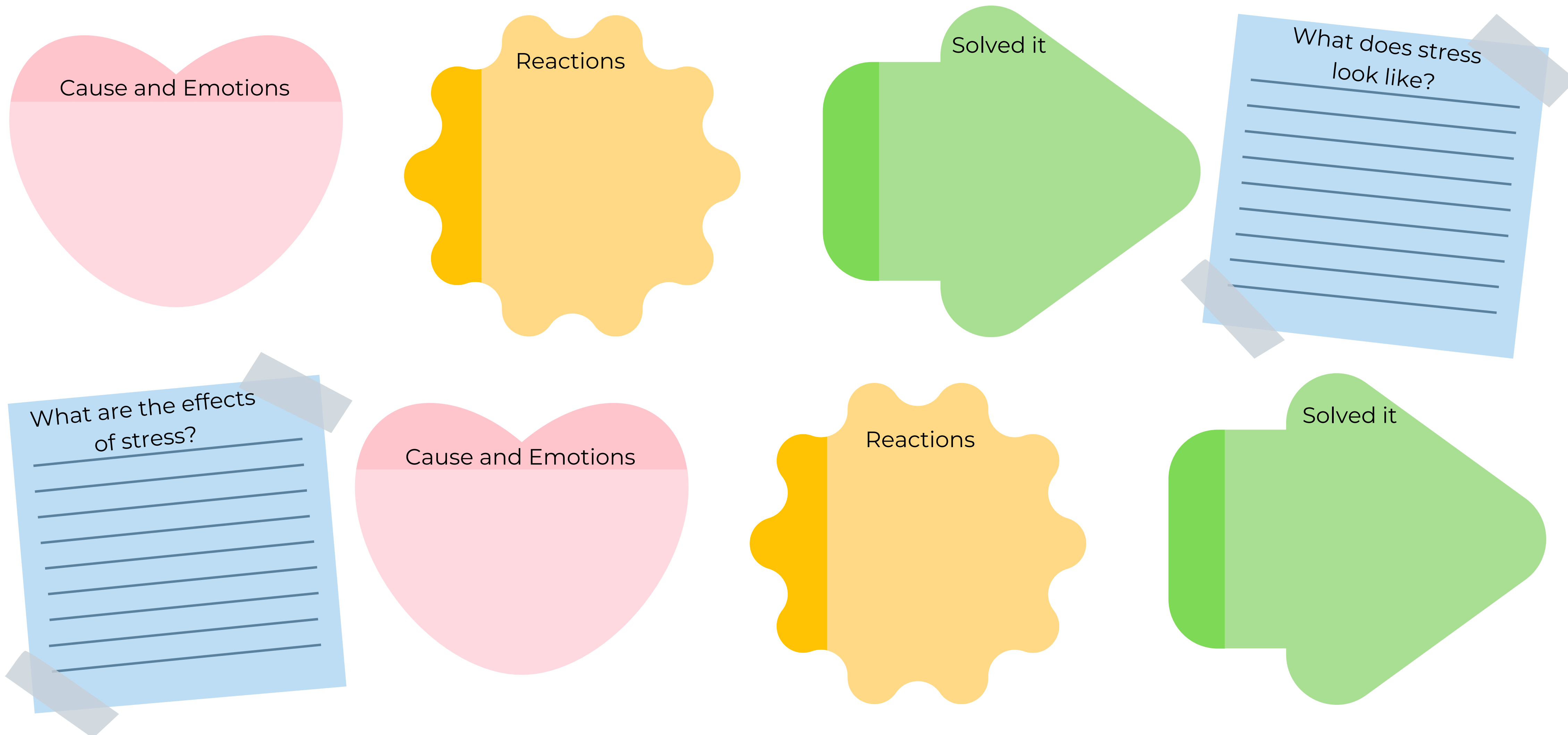


STRESS MANAGEMENT

We all know what it's like to feel stressed or know someone who has felt stressed. It can come from situations or events that put us under pressure, or our reaction towards being put in that situation.



In the heart, write an example of when you have been put under pressure and/or felt stressed, including what emotions you felt. In the cog write down what your behaviour was like. How did you react to it? What changes did you notice? In the arrow write down how you overcame that situation and how it helped you.