

Introduction to Stress Management

Everyone experiences stress in their life. A moderate amount of stress is healthy and can fuel productivity. Too much stress and poor stress-management skills can cause significant consequences on a person's mental health, physical health, relationships and overall mood. It is important to understand how stress affects you in preparation for developing healthy stress management skills.

Answer the questions below to understand your stress management needs.

What causes stress to me?

What do I gain from stress?

What do I lose from stress?

How does stress benefit me?

How does stress hurt me?

What kinds of stress management skills do I currently use?