

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 have 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.

Directions: Answer the questions below to understand your stress management needs.

What causes stress for me?

What do I gain from stress?

How does stress benefits me?

How does stress hurt me?

What kinds of stress management skills do I currently use?

When I am stressed I feel (circle all that apply)

Anxious	Tense	Frustrated
Depressed	Upset	Panicked
Exhausted	Overwhelmed	Afraid
Alone	Insecure	Dixxy