**1.06 Stress Management Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Handout Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Directions:** Use the chart to record a stress management technique that might help you manage stress.

|  |  |
| --- | --- |
| **Stress Management Method** | **I can do this to relieve my stress…** |
| **Avoid stress** |  |
|  |
|  |
| **Alter stress** |  |
|  |
|  |
| **Accept stress** |  |
|  |
|  |
| **Adapt to stress** |  |
|  |
|  |