12 Stress-Management Techniques *(Key)*
Complete each statement showing how you would manage stress. *Answers will vary.*

1. Talk to someone you respect and trust *(friends, parent, teacher, counselor)*
2. Develop a hobby *(drawing, reading)*
3. Exercise *(running, walking, zumba)*
4. Eat healthy *(plenty of fruits and vegetables)*
5. Get plenty of rest *(seven to eight hours of sleep)*
6. Take deep breaths *(relax, meditate)*
7. Take breaks *(slow down, one task at a time)*
8. Learn acceptance *(approval, loyalty)*
9. Plan ahead *(time management, calendar)*
10. Assume personal responsibility *(ownership)*
11. Be realistic *(truthful, faithful)*
12. Think positive *(smile, attitude)*

What other suggestions do you have for managing stress?