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?