Name: _____

ACTIVITY 6

REDUCING STRESS

For this activity, you will need a copy of the *Understanding Stress* fact sheet. Each individual has his or her own unique stress profile. Being aware of your stress profile can help you reduce negative stress in your life.

1. What are the things that push your stress buttons? Write them here.

2. What happens in your body and your mind when stress strikes? These are your **stress symptoms**. Examples: Do your shoulders get tense? Do you perspire, or blush? Do you yell, or are you unable to speak? Write your stress symptoms here.

3. When something stresses you and your stress symptoms flare up, what are some things you can do to make yourself feel better? These are your **Stressbeaters**. Examples: go run it off; get a drink of water; excuse yourself and spend some time alone; take deep breaths; count to ten in your head. Write your Stressbeaters here.