Name _____

Cool Ways to Chill: Strategies for Coping with Stress and Anxiety

Short Answer

1. What is mindfulness, and how can it help with stress and anxiety?

2. Name one way to create a relaxation space mentioned in the passage.

3. How can positive self-talk be helpful in managing stress and anxiety?

4. Why is time management important for reducing stress?

5. How can talking to someone you trust help when you're feeling stressed or anxious?

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