Name _____

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

Open-Ended Response Questions

1. Imagine you have a big test coming up, and you're feeling stressed. Which two strategies from the passage would you choose to cope with your stress, and why?

2. Think about a time when you used positive self-talk to boost your confidence. Describe the situation and how positive self-talk helped you.

3. Why is it important to have a relaxation space, and what would you include in yours?

4. Explain how practicing time management can make you feel less overwhelmed when you have a lot to do.

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