

Name \_\_\_\_\_

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

### Open-Ended Response Answer Key

1. Answers may vary. Example: I would choose deep breathing to calm my nerves and time management to organize my study schedule effectively.
2. Answers may vary. Example: I used positive self-talk before a soccer game to remind myself that I've practiced a lot and can do my best.
3. Having a relaxation space is important because it provides a calming environment. I would include a soft chair, my favorite books, and some relaxing music.
4. Practicing time management can make you feel less overwhelmed because it helps you break tasks into smaller steps, set priorities, and allocate your time effectively, making everything seem more manageable.

