Name _____

Stress Less, Be Your Best!

Open-Ended Response Questions

1. Describe a situation when taking deep breaths could be helpful for managing stress.

2. Can you think of a time when being organized helped you handle a busy schedule? What did you do to stay organized?

3. Share a personal experience where lack of sleep affected your ability to cope with stress. What did you learn from that experience?

4. Explain why it's important to strike a balance between saying yes and no to commitments in your life. Give an example of a situation where saying no was the right choice.

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