

Name _____

Stress Less, Be Your Best!

Open-Ended Response Answer Key

1. Taking deep breaths can be helpful when facing a challenging test, before a big sports game, or when feeling anxious about a presentation. It can calm your nerves and help you focus.
2. (Personal response may vary) For example, I remember a time when I had a lot of homework and extracurricular activities. I used a calendar to schedule my study time and activities, which helped me manage my time effectively and complete all my tasks.
3. (Personal response may vary) One time, I stayed up very late to finish a school project, and the next day, I was really tired and stressed. I found it hard to concentrate and felt irritable. I learned that getting enough sleep is crucial for managing stress and performing at my best.
4. (Personal response may vary) It's important to strike a balance because saying yes to too many commitments can lead to stress and overwhelm. For example, when I was asked to join three different clubs at school, I had to say no to one of them because I knew I couldn't handle all the meetings and homework. Saying no allowed me to focus on the other two clubs and my schoolwork without getting too stressed out.

