**Dealing with Stress**

**How do you deal with stress?**

**Directions**: Answer each question in complete sentences.

Each question is worth 20 points, please be detailed in your response for full credit.

1. Identify and describe three stress management techniques presented in this module.
2. Describe the 4 physical effects that stress can cause noted in the module.
3. A big test, an annoying little brother, and a bad haircut can all add up to a lot of stress! Discuss what stresses you out. How do you feel when you’re stressed?
4. Everyone deals with stress differently. How do you deal with it? Do some stress management techniques work better for you than others? Why do you think some strategies are more effective in reducing your stress level?
5. Discuss why some stress is good stress. Give an example of a situation in which stress could be helpful. When does stress become a problem?

Please save and submit your completed assignment.