**4.04 “Stress Management”**

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| **Stress is:** |  |
| **Stress can be:** |  |
| **Stress can cause:** |  |
| **Steps Involved in Controlling Stressors:** | |
| **1. Identify the Stressor ( ):** | |
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| **2. Follow the Problem Solving Method:** | |
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| **Managing Stress when it causes a physical reaction:** | |
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| **Stress Reducing Techniques:** | |
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| **\*\*FOCUS ON YOUR SUCCESSES!!\*\*** | |