

EXERCISE: BASIC THINGS IN YOUR EVERYDAY LIFE AND STRESS

How are the following things connected to stress in my life? Think how the stress you experience can be seen in these everyday things. On the other hand, think how you could relieve stress using them.

A. Exercise

This is how stress affects my exercising:	This is how exercising can relieve stress:

B. Eating

This is how stress affects my eating:	This is how eating can relieve stress:

C. Sleeping

This is how stress affects my sleeping:	This is how sleeping can relieve stress:

D. Daily Routines

This is how stress affects my daily routines:	This is how daily routines can relieve stress: