

## **EXERCISE: MY STRESS MANAGEMENT TECHNIQUES**

**1. WHAT ARE MY MOST COMMON STRESS MANAGEMENT TECHNIQUES?**

**2. THINK ABOUT THE DIFFERENT STRESSORS IN YOUR LIFE CURRENTLY AND COME UP WITH STRESS MANAGEMENT TECHNIQUES THAT MIGHT RELIEVE YOUR STRESS.**

You can start by thinking whether the stressor is something you can control. Then you can concentrate on prioritising, stress management, or questioning what you are demanding of yourself. If the stressor cannot be controlled, think about how human relationships, happy everyday life, nature, or exercising could support you when you're feeling stressed.

A large, empty rectangular box with a thin black border, intended for the user to write their thoughts and stress management techniques. It occupies the lower two-thirds of the page.