Name: Date: Per:

Stress Management

Make a list of appropriate ways to manage stress and express emotions. The suggestions should begin with each of the letters below.

H

0

W

T

O

D

E

A

L

W

I

T

H

S

T

R

E

S

S

List the top five stressors in your life AND tell how you best manage them.

1.

2.

3.

4.

5.

Self-Esteem Inventory

Follow the link to take a self-esteem test. After completing the test print your results and attach to this paper to hand in.

<http://www.netdoctor.co.uk/interactive/interactivetests/selfesteem.php>