

## **Post 14 (Personality): Stress Management**

- Do you know what things usually stress you? (Try making a list)
- Do you have a general plan for reducing your stress factors? (Unplug, Movie, etc.)
- During the week (extend to month), any time you feel stressed, write it down. How you managed it, write it down too. After the week (or month), review – see what can be improved.