

MANAGING STRESS

Stress is a normal reaction to changes in our environment.

Stress can be experienced as positive, tolerable or toxic.

In order to help prevent your stress from becoming unmanageable, it's important to reflect on how you recognize stress in your body.

How are you most likely to react to stress?

Please circle one.



Fight

I move into "fight mode". I can become aggressive. I go on the "attack".



Flight

I move into "flight mode". I want to get as far away from the problem as possible.



Freeze

I move into "freeze mode". I will ignore the problem and try to pretend it's not there.



Fawn

I move into "fawn mode". I try to be agreeable and just "go along with" whatever is stressing me.

WHEN YOU FEEL STRESSED, WHERE DO YOU FEEL IT IN YOUR BODY?



What are some things you do to help manage your stress?


