

Managing Your Stress

Analyze the relationship between your time management habits and your stress level. Often people create extra stress for themselves without realizing it. Below are some tips that can be adapted to a variety of situations---school, work, family, relationships.

Eat Right
Exercise
Get Sleep
Think Positively
Seek Balance
Surround Yourself With People Who Are Good For You
Set Boundaries And Learn To Say No
How can you use the information listed above to deal with stressful situations?

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SOURCE: 2006 Keys to Success (pg 51)