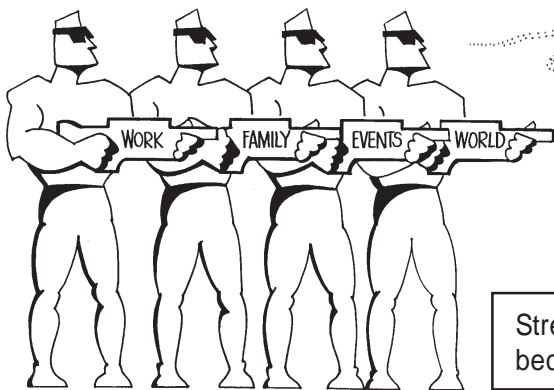
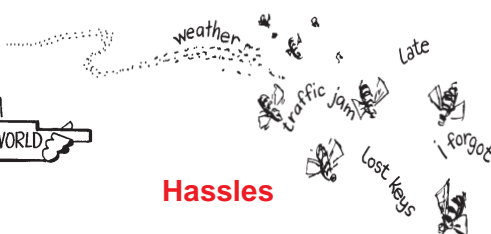


Large Opponents

# FEELING STRESSED?



Hassles



Backpack



Stress Symptoms come from feeling threatened because problems seem bigger than you are.

# TAKE CHARGE OF STRESS

Assistants to help

Symptom Check



Call for Help

Worries listed

Plans made for action

Check out what you're facing

Get more information

## STRESS MANAGER CHECK LIST

- I UNDERSTAND how stress affects me, what my stress symptoms are . \_\_\_\_\_
- I VISUALIZE stress as a situation where life is out of balance - or a contest or game. \_\_\_\_\_
- I DECIDE who the opposition is. I know what my worries/problems are, what I'm facing. \_\_\_\_\_
- I have REDUCED my opponent's strength as much as possible. \_\_\_\_\_
- I GET STRONGER: With Relaxation, Attitude, Exercise, Communication, Time Management \_\_\_\_\_
- I work at LIGHTENING my back pack of personal difficulties and negative emotions. \_\_\_\_\_
- I have found SUPPORTS (Family, Friends, Counsellor, Beliefs). \_\_\_\_\_
- I take 'TIME-OUTS': hobbies, holidays, relaxation, a bath. \_\_\_\_\_
- I Use Symptoms of Stress as a gauge to see if what I'm doing is effective \_\_\_\_\_
- I Know how to CHANGE \_\_\_\_\_