Stress Management Lesson 5 Worksheet

Techniques for Managing Stress and Conflict

Directions: Make an acrostic for the word STRESS. Write the letters in STRESS vertically on your paper.

Think of a letter that begins with each of the letters in the word stress and describes one way a person can handle stress.

Example: S tretch

T alk

R elax

E xercise

S ilence

S elf-talk