

How I Handle Stress

SELF-REFLECTION GUIDE



<p>How do I evaluate my level of stress?</p>	
<p>What are the signs I need a break?</p>	
<p>Where do I feel stress in my body?</p>	
<p>What do I first notice when I'm at a breaking point?</p>	
<p>What do I usually do when I get to this point?</p>	
<p>How do I de-stress?</p>	