Name:

Section:

SCAN ME

Date:

Score:

How Do You Deal With Stressful Situations?

So here is your question: How do you deal with pressure or stressful situations?

Stress is not only inevitable, but it is personal. Some people get stressed by exams, and some do not. Other people feel stressed when public speaking, while others thrive when they are the center of attention.

What triggers you is personal, and this means that you need your own personalized method of dealing with pressure and stress. Perhaps breathing techniques calm you down. Or maybe controlling your thinking and not catastrophizing situations is helpful. Or perhaps going for a run or exercising is a great way of clearing your head.

.So once again, explain how you deal with pressure or stressful situations.