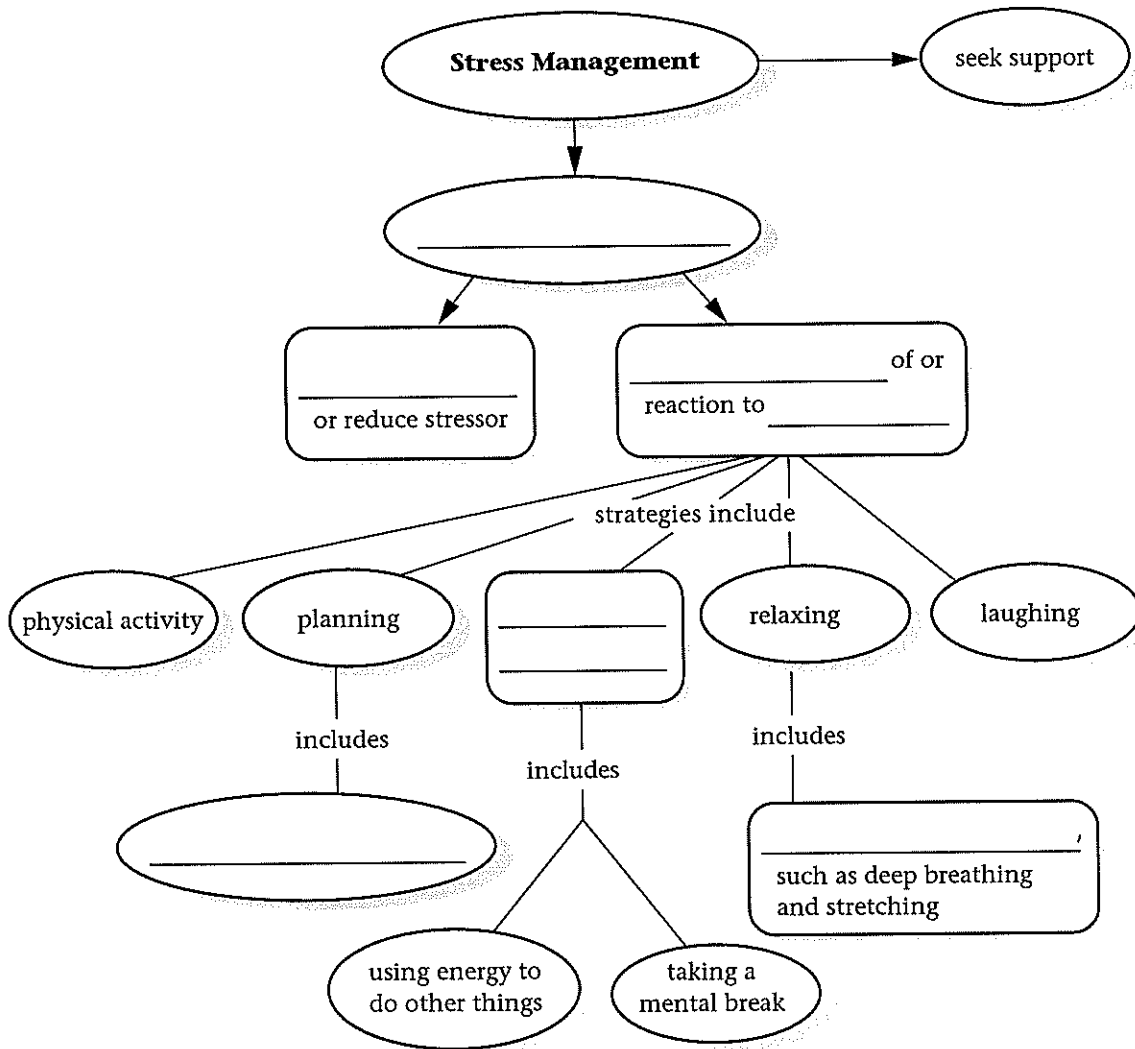


ACTIVITY 31 Concept Map

FOR USE WITH CHAPTER 9, LESSON 3

Managing Stress

Directions ➤ Complete the concept map on managing stress using the following terms or phrases: *identify the source, relaxation techniques, time management, change perception, eliminate, rechanneling energy, and stressor.*



Once a person has identified the source of a negative stress, what are the two basic ways to deal with it?
