PSY101 – Psychology and Human Relations
Class Activity #6

MANAGING STRESS

Identify the three biggest sources of stress in your life (these can be personal, work, or school-related). Read the information on managing stress presented in Chapter 4 (pp. 116-122). Explain how you could manage your stressors using the techniques discussed in the managing stress section.

NOTE: WE COMPLETED THIS ACTIVITY IN CLASS AND TURNED IT IN ON JULY 15, 2003.