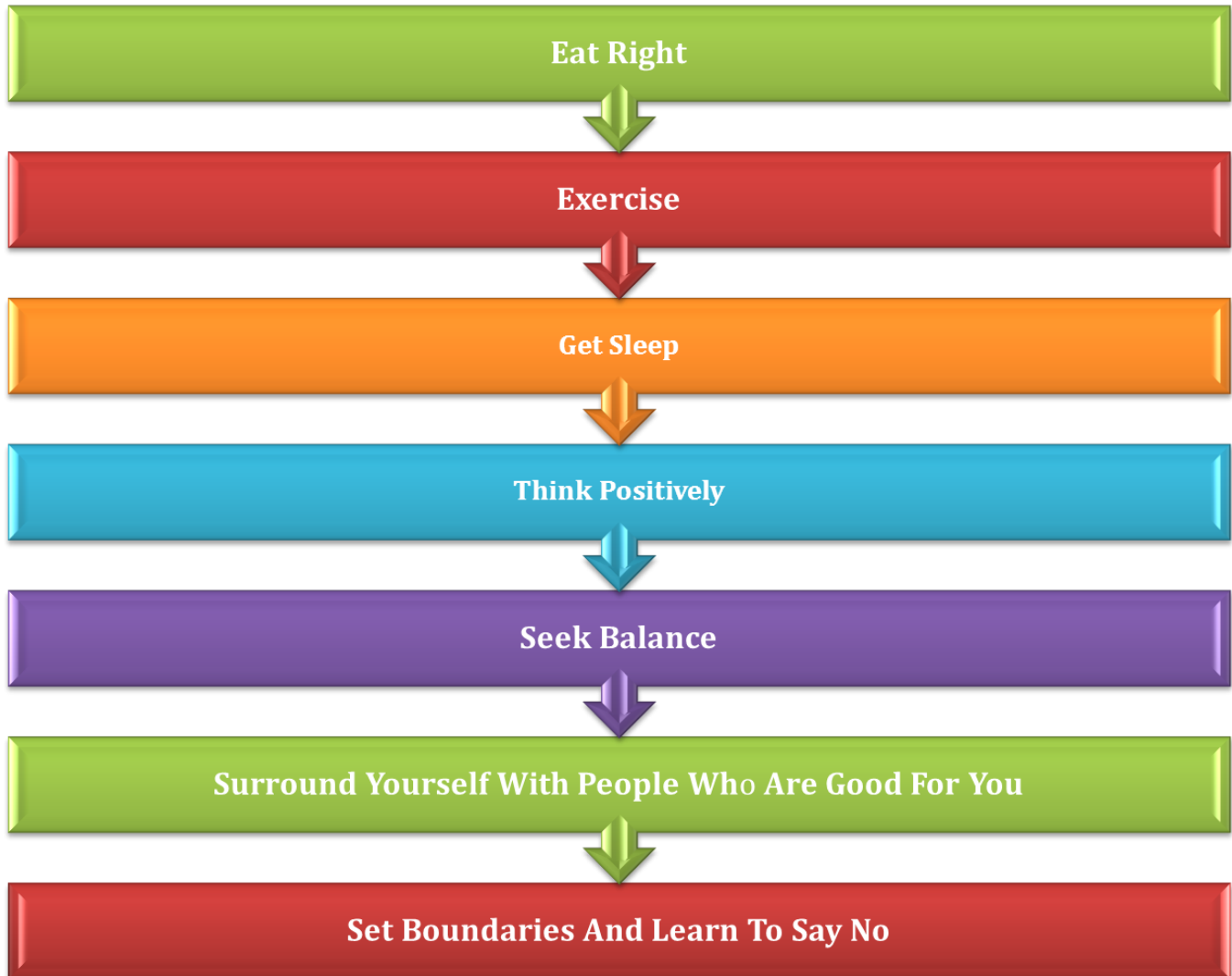




Managing Your Stress

Analyze the relationship between your time management habits and your stress level. Often people create extra stress for themselves without realizing it. Below are some tips that can be adapted to a variety of situations---school, work, family, relationships.



How can you use the information listed above to deal with stressful situations?
