

Managing Stress

Directions:

1. In groups of three to four, brainstorm and research common techniques which are used to manage stress. For example, using a stress ball.
2. Create a Microsoft® PowerPoint® presentation which includes the following information:
 - Three to four stress management techniques
 - Three to four benefits of stress management
 - Two to three effects of not managing stress
3. Be sure to cite all sources used.
4. Share your presentation with the class.
5. After completing your presentation, demonstrate at least two of the presented stress management techniques.