

## POSITIVE COPING

Identify three coping tools you can use when you have personal stress:

- 1.
- 2.
- 3.

Identify three coping tools you can use when you have academic stress:

- 1.
- 2.
- 3.

When things don't go as planned, how do you respond? Are you ok with that?

How would changing your eating/drinking habits contribute to your overall health?

How would changing your sleeping habits contribute to your overall health?

How would changing your hygiene habits contribute to your overall health?