Conduct Self SWOT
Understanding Learning Styles
Our **goal** is **not to eliminate** stress but to learn how to **manage** and **use** it to **help** us.
The manner in which you choose to interpret, react to and handle a perceived stress can very often be far more damaging to you than the actual stress could ever be on its own.

Greek Philosopher – Epictetus

Men are disturbed not by the things that happen, but by their opinion of the things that happen.
Managing Stress

• Become aware of your stressors and your emotional and physical reactions.
• Recognize what you can change.
• Reduce the intensity of your emotional reactions to stress.
• Learn to moderate your physical reactions to stress.
• Build your physical reserves.
• Maintain your emotional reserves.
• Learn to Respond, Not React
Stress-Aggravating Foods

- Caffeine
- Sugar
- Fats
- Additives
- Alcohol
- Salt
Ways to Develop a Positive Attitude