

WORKSHEET 4

How we respond to stress is our own choice.

- Why do we react the way we do?
- Maybe because nobody taught us to react differently?
- Maybe because nobody showed us how to deal with stress?

How many times have you heard "I don't get stressed"...

Ahhh if only it were that simple...

It is not stress that does us harm, but the way we react to difficult situations.

Sometimes it happens that we have no influence on certain situations. In this task, think about what makes you nervous, what causes strong emotions in you?

A. List these situations. If you need more space, add more points.





WORKSHEET 4



B. From the situations listed in point A, choose those that you have no control over and write them down.

C. From the situations listed in point choose those that you can influence and change.



FERI



DIALOG
of Transformation
Certified Service EDU SMART Training Centre
UKPRN 10066595



EDIT·C

EDUCATION & INFORMATION TECHNOLOGY CENTRE



**Co-funded by
the European Union**