

Chapter 4

Name _____ Date _____ Period _____

Lesson 4.3 Graphic Organizer

What to Do About Stress

Use the graphic organizer below to identify the top stressors that you are experiencing right now. For each stressor you identify, list ways that can help you manage each stressor.

Stressor 1

Stressor 2

Stressor 3

Stressor 4

Stressor 5
