

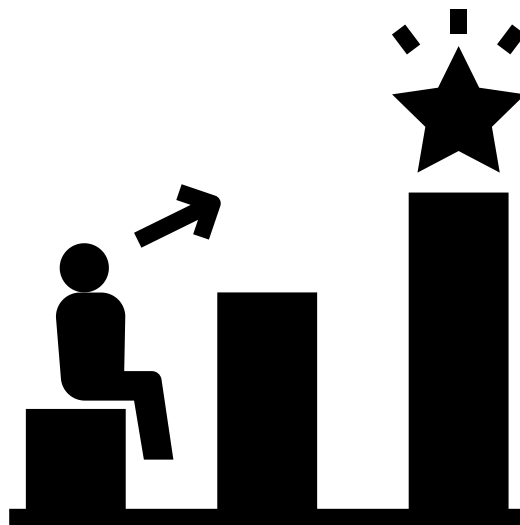
Week 9: Resilience

Stress Management & Goal Setting

**"It's not stress that kills us, it's our reaction to it."
-Hans Selye**

Many challenges occur in our day-to-day lives that increase our stress. Learning how to manage that stress is very important.

One way to manage stress is to first identify your stressor, then use that stressor to set a goal, and map out small steps you can take to begin making positive change.



Exercise:

Identify a stressor that is personal to you.

What is a goal you can set in order to resolve this stressor?

What are three small steps you can take to accomplish this goal?

1.)

2.)

3.)

Reflection:

What are your thoughts and feelings after completing this exercise? Are you ready to commit to this goal?



Challenge: If you have committed to this goal, start taking the steps identified to begin accomplishing this goal.