

CURRENT EVENT

TOPIC: STRESS MANAGEMENT

***** ATTACH ARTICLE *****

NAME: _____

TITLE OF ARTICLE: _____

PUBLICATION OR HOME PAGE: _____

VOLUME# OR WEB PAGE ADDRESS: _____

LIST 7 FACTS FROM THE ARTICLE

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

WHAT TYPES OF THINGS STRESS YOU OUT?

WHAT DO YOU DO TO RELIEVE STRESS?

