**Personal Stress**

Using the results from your stress tests, complete a profile of your stress.

A) You will need to:

1. Establish your top 5 stressors
2. Rank them in order of most significant to least

B) Next, use the list of symptoms of stress to determine those that apply to you. List the symptoms of stress you exhibit.

C) Search the internet for tips to avoid stress. Make a list of 5 things YOU could do that match up with

a) the things that stress you and

b) the symptoms you exhibit to help you

to help you manage your stress.

Submit this in a ROUGH copy first, to be edited and THEN put into a GOOD copy, electronically-created, and printed