



RECIPE FOR CONVERSATION

TALK ABOUT: MANAGING STRESS



How do you know when you're stressed? How does it make you feel? Does it affect your outlook?

Are there any people, places, or events that make you feel more or less stressed?

What are some activities that you like to do to help you relieve stress? How do they help?

Do you notice when friends or family members are feeling stressed? What do you notice?

Tell me about a time you have felt really stressed. How did you handle it? Is there anything you would do differently now?