What causes you to be stressed?

CHECK THE ONES THAT CAUSE YOU STRESS

- Work
- Children
- Too much to do
- Money
- Having a place to live
- Taking care of the house
- Shopping
- Family
- Husband/wife
- Illness
- Getting medical care
- Buying medicine
- Traffic
- Loss of loved one

How do you cope with stress?

- Relaxation exercise
- Exercise
- Read a book
- Watch a movie
- Talk to a friend
- Pray
- Listen to music
- Do not cope
- Eat
- Drink alcohol
- Use drugs
- Smoke