

## **HOW DO WE HANDLE STRESS?**

1. Under what circumstances, or in what situations, do I find myself feeling stressed or feel stress building up?
2. What are my reactions? How do I feel emotionally? Physically? Does it affect my relationship with my partner?
3. What do I most often do?
4. What do I wish I could do?
5. There have been times when I've felt good about the way I've dealt with my stress. One of them was...
6. Share with partner.