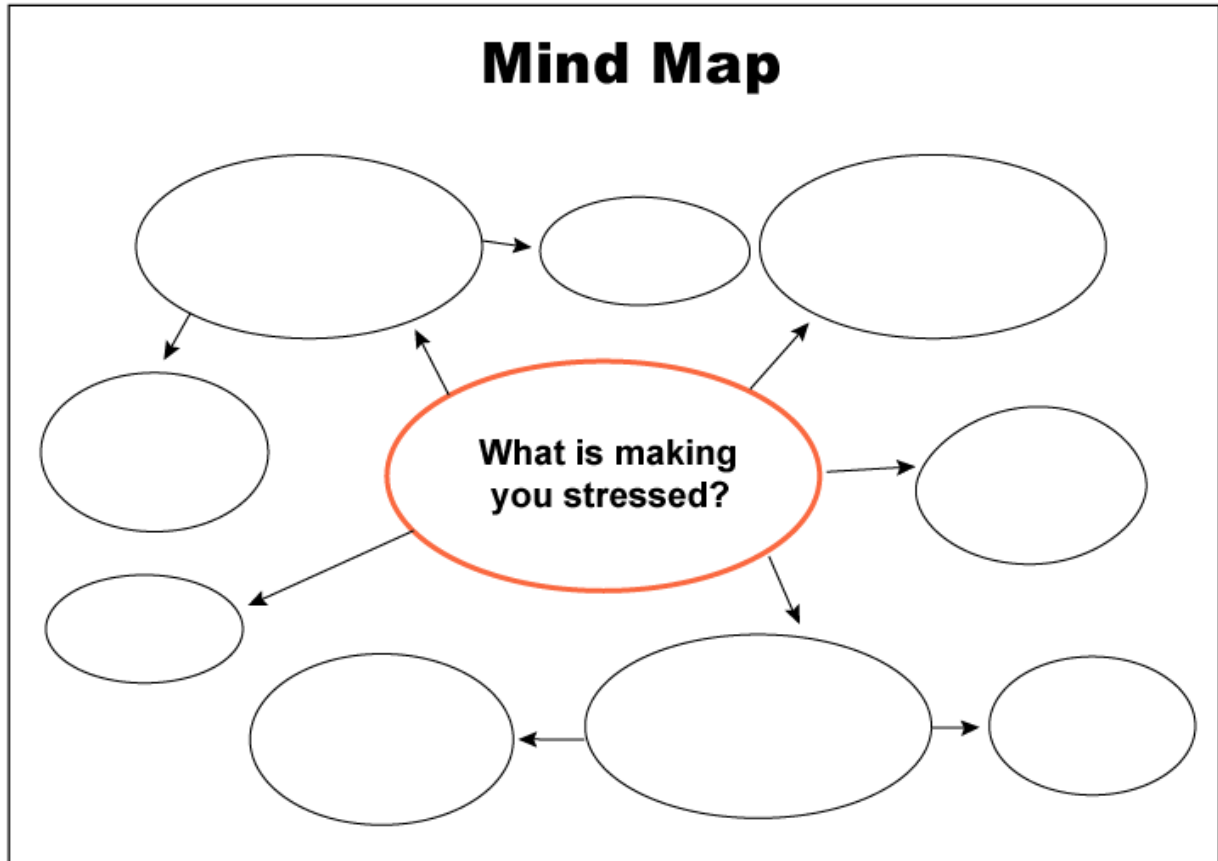
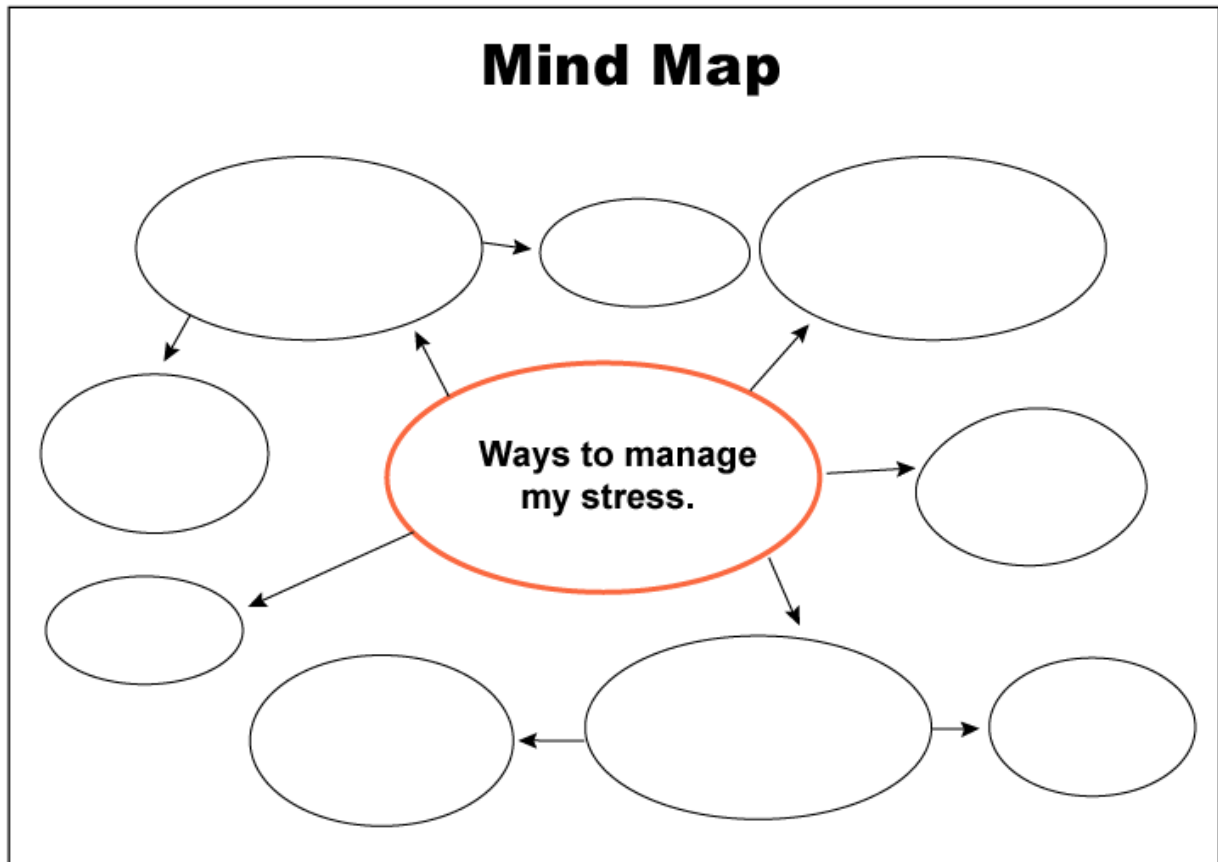


# Managing Stress MIND MAP



**Step 1:** Using the above mind map, identify what is making you stressed. Write your answers in the circles.



**Step 2:** Using the above mind map, identify how you will manage your stress. Write your answers in the circles.