**New Life Behavior – Course III**

# RESPONSE SHEET

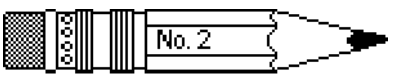
Unit 10 – Lesson 3

Your Name: Date:

Your Address:

**Dear Student,**

We have found that thoughtful *written* responses greatly enhance the student's understanding of this course material. Therefore, we urge you to use this Response Sheet as an aid in the study of this lesson. **When you are finished, please return this sheet to us in the enclosed envelope. Thanks!**




Use what you have!

- - - - - -

- - - - - - -

- -

## BEFORE YOU START

**Before you start this lesson,** please write three or four sentences in the box below on how you deal with stress. **Then, put this sheet out of sight until you finish the lesson.**

- - - - - - -

- - - - - -

## AFTER YOUR STUDY

***Now that you have studied this lesson,*** please answer the following questions.

(If you have trouble with any of the questions, please reread the lesson.)

1. As we go through life, we will face different types of situations. Since we cannot do anything about them, we must learn to_____them.
2. _____ is when we transfer our problems and frustrations to someone or something else.
3. You can not help others if you have neither the _____ nor the desire.
4. Another thing we can do about stress is to not allow our _____ to dominate our lives.
5. One way to manage stress in your life is to get a _____you enjoy.
6. Another way to manage stress in your life is to_____ stress, rather than letting it_____ you.
7. The best way to work off your anger and stress is through hard physical _____ or
8. One way to manage your stress is to go easy with .
9. One way to manage your stress is to give the other fellow a .
10. The best way to ensure we get enough recreation is to _____ it.

- - - - - -

- - - - - -

- -

## REFLECTION

**Now that you have finished this lesson,** please write a few sentences in the box below that tell what new stress reduction techniques you have learned.

**Don't forget to mail in this** Response Sheet.