



Identify three coping tools you can use when you have *personal* stress:

- 1.
- 2.
- 3.

Identify three coping tools you can use when you have *academic* stress:

- 1.
- 2.
- 3.

When things don't go as planned, how do you respond? Are you ok with that?

How would changing your eating/drinking habits contribute to your overall health?

How would changing your sleeping habits contribute to your overall health?

How would changing your hygiene habits contribute to your overall health?

On the back of this page, take 5-10 minutes to write down your thoughts about the following statement: *our thoughts affect our behavior, which put together, affect how we feel.*

Have a conversation with your TRIO person about this exercise.