



NAMES: _____

TEENS

TEACHER: BRIGITTE CHANAME A.

DATE: JUNE 23RD, 2022

-WRITE A PARAGRAPH ABOUT HOW TO MANAGE THE STRESS. YOU CAN FOLLOW THE WRITING BELOW.

How I Manage Stress

I don't often feel stressed, but Mondays are sometimes difficult. I'm a full-time student, but I have a part-time job on Mondays. Here are a few ways I manage stress on Mondays. I eat a good breakfast and lift weights. Then I go to school early and talk with friends. It really helps.