

Look at the following strategies: put the correct definitions on each sentence

"I always check my to-do list for the day and the week before I start working."

A) Stay organized

"I keep everything in order so I don't waste time looking for information."

B) Remain calm

"If something unexpected happens, I try to stay quiet and steady so I can solve the problem."

C) Know weekly + daily tasks

I handle pressure by sharing information in a straightforward way with my coworkers."

D) Work as a team

"I try to keep a hopeful attitude and focus on what I can do, not on what is going wrong."

E) Draw on other people's experience

"I manage stress by cooperating with my team, because we finish tasks faster when we support each other."

F) Communicate clearly

"When I feel unsure, I ask colleagues for advice and use their past experience to guide me."

E) Stay positive