

Managing Stress and Anxiety

The video "Managing Stress and Anxiety" teaches you how to handle stress and anxiety in your life. As one role model tells listeners, "You only get one life to live. It's important to live it to its fullest but it's also important to take care of yourself along the way."

Try This!

Building a support system is one way that the role models suggested women and girls work to deal with stress and anxiety. Use the chart below to think about your personal support system and how it can help you live your life to the fullest. Write the name of one member of your support system in each section and complete the sentence. We did the first one for you.

Finding Your Support System

