Topic: Stress Management

Order Description

U​‌‍‍‍‌‍‍‍‍‍‌‌‍‍‍‍‌‍‌‌​sing only the attachment answer the following question: We learned in Greenberg Chapter 14 a number of different methods to decrease stressful behaviors (see slides 5 through 13). Choose one of the two choices below to write about. Each choice has 2 parts to answer. 1) A) Write about a current experience that you find stressful. B) Choose and write the name of one of these me​‌‍‍‍‌‍‍‍‍‍‌‌‍‍‍‍‌‍‌‌​thods and also write how you would apply this method to reduce your stress. 2) Or, if you are not currently experiencing any stress, A) write about a previous experience that you found stressful. B) Choose and write the name of one of these methods and also write how you could have applied this method to reduce your stress. [not more than 1 paragraph with a maximum of 250 words.​‌‍‍‍‌‍‍‍‍‍‌‌‍‍‍‍‌‍‌‌​]