

Personal Reflection Exercises...

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Stress may be a fact of life, but I am equipped to handle it positively, and thus I am strengthened.

It is healthier to manage my stress in a positive manner than to allow it to affect me negatively. When I make the choice to positively handle stress, I am able to quickly deal with the cause of stress. And by coping with the cause of stress effectively, I give myself the opportunity to reduce or eliminate my stress levels permanently.

By dealing with my stress positively, my character is strengthened. ***I am able to create a positive attitude within myself through affirmative thinking when faced with worry.***

I feel a sense of confidence because I know I can manage my stress swiftly and positively. This is because I give myself the time, patience, energy, and tools necessary to manage stressful situations without succumbing to the stress.

I have the ability to use positive, healthy coping skills to deal with the stress in my life.

I am far less likely to become overwhelmed in stressful situations when I know how to handle them in a positive, peaceful manner.

Today I will use positive thinking in my life to help me to deal with my stress. ***I will continue looking at the sunny side so I can train myself to focus on my successes.*** By doing this, I help my mind to react positively when stress occurs.

Self-Reflection Questions:

1. What is the greatest source of stress in my life? What will I do about it today?
2. How will I use positive thinking techniques to help me deal with stress?
3. What tools can I use to manage stress positively?