

*Let's have some fun?*



*“Practice and repetition lead us to perfection, or at least, closer enough”.*

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Here are the answers

1. According to the video, people are stressed by \_\_\_\_\_.  
The answer is: Money, work, and the current political climate
2. What three things help people cope with stress?  
The answer is: Reduce the weight, build more muscle, improve your mental game
3. What can you do to reduce your stressors?  
The answer is: List them all and put check by the ones you can take care of later
4. What is an example of a coping strategy?  
The answer is: Talking to friends
5. Why is changing your thinking helpful in reducing stress?  
The answer is: It reduces the emotional weight you feel
6. Should your life be completely stress-free?  
The answer is: No, because dealing with some stress makes you more resilient

*Fab Silva*