Study Guide – Stress Management (C. Corrio)

**Vocabulary**

Distress

Eustress

Stress

**Important Concepts**

About how long does it take to make a new behavior into a habit?

According to our guest speaker, what does “FEAR” stand for?

How much of the stress that we experience is self-induced?

What are the 4 types of factors that lead to stress?

What types of energy drains exist in our lives?

What is a “SMART” plan?

Be able to discuss some lifestyle choices you can make to prevent stress and burnout.

What are the three steps toward achieving any goal? Which of these three steps is most important?