

In this chapter we covered the theories on stress, how it affects us, and what we can do to cope with stress. For this reflection, I would like you to discuss how you deal with stress in your life. What causes stress for you, what happens when you get stressed, and how do you cope with stress. Please make sure that you are giving specific examples to illustrate your understanding of the material. As always, please include a title page and abstract. Your reflection should be a minimum of two full pages in length.