1. What is the difference between “EUSTRESS” and “DIS-STRESS”?

2. When doing the First Exercise, based on your three stressful events from the past week, what pattern did you observe as you analysed your experiences according to the four categories?

3. What is a definition of stress that makes sense to you?

4. Can you list the SIGNS & SYMPTOMS of stress that you typically experience in your life?

Contd. on next page
5. What's the big deal about AWARENESS? Why is awareness so important in Stress Management?

6. How would you describe the “THIRD STEP” in the process of managing stress?

7. Acceptance is crucial in undertaking this “THIRD STEP” .......... What exactly do you need to accept?

8. Can you describe in your own words what this saying means to you: “CHANGE FOLLOWS ACCEPTANCE”?