

After reading through the article, reflect upon and write down responses to these questions.
Be as detailed as you can.

1. What is stress?

2. What causes stress? What causes you to stress?

3. What do you do to help manage stress?

4. Is stress always a bad thing? Expand on your point of view.

5. The article discusses how to manage stress by 'finding a balance'. It focuses on looking after your SELF, what did it mean by SELF and what are some examples?