

Managing Campus Stress  
Reflection Questions

**Make it personal**

What does it mean to manage stress?

Who taught me how to manage stress?

How do I manage my personal stress?

What defining moment in my life and career brought about my awareness of stress and the importance of self care and prevention?

**Make it Practical**

In regards to managing my personal stress, what would I like to impart to my students and what personal habits would I prefer my students not imitate?

In what new ways can I creatively manage stress in my life and on my campus?