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are feeling), or  
to do things  
less. To help  
you start to  
make effective  
changes to how  
you behave when  
dealing with  
stress, it would  
be helpful to

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Look at how you behaved before you felt stressed and also how you behave just now. The following exercise will help you with these questions. Take your time and consider each one . . .

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overwhelmed,  
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stress can be  
motivating, but  
too much stress  
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tasks seem  
daunting.

Sometimes stress  
is the  
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hassles, while  
other times it  
is the result of  
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