

## **Trek Preparation: Stress Management**

- What are some physical signs that indicate you might be experiencing stress? How do you typically respond to these signs?
- Describe a recent situation that caused you stress. How did you handle it? What could you have done differently to manage the stress more effectively?
- List three activities or hobbies that help you relax and unwind when you're feeling stressed. How often do you engage in these activities?
- When faced with a challenging task or situation, what strategies do you use to stay calm and focused? Are there any specific techniques or coping mechanisms that work best for you?
- Reflect on a time when you felt overwhelmed by stress. How did you eventually overcome it? What lessons did you learn from that experience?