

YOUR TURN > TRY IT



Are you stressed before an exam? The next time you are in a stressful situation, keep a written record of how you feel, both physically and mentally, and the events that triggered the increased symptoms of stress. What specific changes do you notice in your behavior and feelings? Think about the ways that stress affects your ability to concentrate, your breathing patterns, your patience, and so on. Jot down some of your observations here.
