# Balancing Challenge and Support Handout

With a partner, fill out this paper by listing examples for each. No need to write full sentences—a list will suffice. We will share our answers at the end.

## Stress Points/Stress Triggers:

What causes you stress? What topics, situations, or behaviors stress you out? What cultural differences cause you stress?

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## Coping Strategies:

How do you get out of the “panic zone?” What can you do to feel at ease or back in the “comfort zone?” How do you deal with stress?

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## Helping Others:

What are the signs that a colleague or peer is experiencing stress? What signs might they exhibit? What are some behaviors or expressions that might indicate someone is feeling anxiety?

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