

HEALTH EDUCATION
Personal Wellness
PL-04-1.1.2

Wellness Strategies
DOK 2

Stress Management

To relieve tension or strain.

- *exercise
- *take a walk
- *listen to music
- *talk to a friend
- *write in a journal
- *have a good self-esteem
- ...

Problem Solving

To find a solution to a difficult situation.

- *brainstorming
- *asking for help
- *working together
- *listening to others
- ...

Conflict Resolution

Coming to a common agreement between disagreeing people.

- *compassion
- *compromise
- *forgiveness
- *self control
- *standing up for one's rights

Communication

The exchange of thoughts, messages or information.

- *listening
- *apologizing
- *talking about things