

### What Would You Do?

These scenarios are highly stressful for most people, how would you handle these situations and which stress management techniques would you use?

Your alarm doesn't go off and you are late getting out of the house. You hit traffic and end up 15 minutes late to work, which your boss notices. You get to your desk and it's covered in paperwork due in two hours.

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Your friend is upset that you cancelled plans with him. You had a good reason but he will not stop begrudging you about it. You find out that he has told everyone you know something very private you told him to get back at you.

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You just paid all of your bills and you end up with only \$10 left in your account to last you two weeks. Your credit cards have high balances, you've already asked all of your friends, and family for loans, which you still have to pay back. You have no money for food or other necessities.

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You call the cable company because you have unknown charges on your bill. You have to go through the automated menu three times and still can't get to a real live person. After 15 minutes, you finally get placed on hold to speak to someone. Your call is answered but then it's dropped. You have to call back.

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