

# WAYS TO STAY STRESSED!

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**Blame Others!**

**Use Your Temper!**

**Procrastinate & Procrastinate!**

**Try To Control Everybody & Everything!**

**Be A Perfectionist!**

**Worry, Worry & Worry!**

**Try To Change Others!**

**Think Pessimistically!**

**Exaggerate!**

**Act Irresponsibly!**

