



Coping with stress scenario

Josh is struggling to cope with studying lots of subjects. He is finding it hard to prioritise different homework tasks and to stay on top of his revision.

Reflect on Josh's situation. Write down your ideas about:

- How Josh might feel.
- The impact of this situation on other areas of Josh's life.
- How Josh could try to cope with this situation.

What strategies could Josh use to cope?

What other areas of Josh's life could this affect?

How might Josh feel?

