

# Chapter 13 The Challenge of Change

**Directions:** Name the steps in the process of change.

## Section 13.1 Facing Change

### Steps in the Process of Change

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Chapter 13 The Challenge of Change

**Directions:** Identify signs of stress and ways to reduce stress.

## Section 13.2 Stress Management

Signs of Stress	Ways to Reduce Stress
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____
8. _____	8. _____