

# Time and Stress Management Websites



## STRESS MANAGEMENT

How To Reduce, Prevent, and Cope with Stress

[http://helpguide.org/mental/stress\\_management\\_relief\\_coping.htm](http://helpguide.org/mental/stress_management_relief_coping.htm)

Managing Your Stress and Anxiety

<http://www.dartmouth.edu/~acskills/success/stress.html>

Coping With School Stress

<http://www.webmd.com/parenting/features/coping-school-stress>

## TIME MANAGEMENT

Time Management Tips for High School Students

<http://www.collegeboard.com/student/plan/college-success/116.html>

<http://www.timemanagementhelp.com/highschool.htm>

<http://www.collegeboard.com/student/plan/starting-points/index.html>