

Do you know any methods to manage stress? List a few.

Say that stress is can be good because it could help you realize that you need to step back, take a deep breath, and relax. Say your stressing over a paper to write. It could help you see that the method you are using to write the paper isn't working out, so you relax, collect your thoughts, and work on your paper from a different mindset.

If people take the time to think through the stress, they can be very productive and meet fruitful ends to their projects.