Respond to the prompt below in a single, cohesive essay of **a minimum of 300 words**. Use complete sentences and correct grammar and spelling. Use APA formatting to cite resources appropriately.

Identify a present or past stressor that you have experienced. Describe your physiological and emotional responses to the stressor. How did your responses affect other aspects of your life? Discuss strategies you used or could have used to cope with the stressors. How would you apply the strategies that you have learned in this lesson in the future?