

# Managing-your-Finances

ACTIVITY BOOK



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STUDENT NAME

STUDENT NUMBER

Student Equity & Wellbeing

[jcuwellbeing.info](http://jcuwellbeing.info)

# Activity 1

## Stressful Situations

Think of three stressful situations and write your responses in the columns below:

SITUATION 1	
What was happening at this time?	
What did you do?	
What was the outcome?	
If it was not a good outcome, how could you have had a better outcome?	

## SITUATION 2

What was happening at this time?

What did you do?

What was the outcome?

If it was not a good outcome, how could you have had a better outcome?

### SITUATION 3

What was happening at this time?

What did you do?

What was the outcome?

If it was not a good outcome, how could you have had a better outcome?

# Activity 2

## Positive and Negative Stressors

List **Five Positive Stressors** and how they motivate you:

1.	
2.	
3.	
4.	
5.	

List your **top Two Positive Stressors** and state why these are important:

1.	
2.	

List **Five Negative Stressors** and how these affect you:

1.	
2.	
3.	
4.	
5.	

List your top **Two Negative Stressors** and how you deal positively with these.  
What can you do to lessen the stress that is caused?

1.	
2.	

# Activity 3

## Community Organisations to Support You

List **Five Organisations** that can provide you with further support and resources for health and wellbeing:

ORGANISATION	CONTACT DETAILS WEBSITE/EMAIL/PHONE
1.	
2.	
3.	
4.	
5.	