

**Hand over or share responsibilities.** Sometimes when things are starting to be too much, you can lower your stress by asking others for help. Working with others to get things done can make tasks get finished more quickly. Asking for help when you have too much to do is okay, just don't give others the jobs you should be doing yourself.

<b>Responsibilities</b>	<b>Is this something someone else can help me with? (y/n)</b>
<b>1.)</b>	
<b>2.)</b>	
<b>3.)</b>	
<b>4.)</b>	
<b>5.)</b>	
<b>6.)</b>	
<b>7.)</b>	
<b>8.)</b>	
<b>9.)</b>	
<b>10.)</b>	
<b>11.)</b>	
<b>12.)</b>	
<b>13.)</b>	
<b>14.)</b>	
<b>15.)</b>	