Hello. So my question was, what ____ (does / do) you do to manage _____ (stress / stressed) ?

Now, the very first thing I try ____ (to / for) do is to avoid stressful _____ (situations / situation) in a whole, avoid people that may _____ (bring / brought) me stress. For example, toxic friends, toxic _____ (related / relationships), family members who like to gossip, and also not being at _____ (places / place) where it doesn't fit my _____ (personality / persons). For example, bars or clubs, those are ____ (not / now) places that I would normally go to. If it's _____ (unavoidable / unavoidably) and stress is at my door, what I try not to do is put _____ (other / another) people's _____ (burdening / burden) on top of me as well. Because if my cup is _____ (already / ready) full and someone comes and puts _____ (more / much) on it, it's obviously going to _____ (overflows / overflow) or I'm going to explode. And whenever I _____ (finish / finished) doing that, avoiding other people's burdens, I try to go into _____ (solitary / solitude), have time for myself, take a _____ (breath / breathe), relax, be in _____ (peace / piece).

Whenever I'm _____ (comforts / comfortable) talking about it, I may look to someone who I trust to confide ____ (at / in) them, ask them for their _____ (advise / advice) to help me navigate through the _____ (situation / situational). And last, I reflect. I try to reflect on what _____ (make / made) me feel this way, what brought ____ (of / on) the stress and how to avoid it, how to build a _____ (barrier / burial) around me or between this thing that _____ (brought / bought) me the stress. So that is what I do to _____ (manage / manager).