

MANAGING YOUR STRESS: From Crazy to Calm



There are 3 types of stress: (a) Sudden & Identifiable (acute); (b) Unclear source &/or Long-term (chronic); (c) Eustress (positive pressure which motivates you and gets you going).

Use these lists to evaluate how you feel right now. Notice which items are stressing you and which are stronger than others put things in perspective. Then try some Stress Reducers to help relieve your stress.

Keep in mind that the Top 10 Stressors are: Loss of a loved one; Major illness or injury; Divorce or separation; Serious financial difficulties; Loss of job; Getting married; Moving to a new place; Serious falling out with a close friend; Birth of a child; Retirement

WHAT'S STRESSING YOU NOW?

Rate items below on a scale of 0-10
(0 = no stress; 10 = high stress)

- Marriage or primary relationship _____
- Obligations to family &/or kids _____
- Death of a loved one or friend _____
- Health issues or concerns _____
- Fatigue &/or anxiety _____
- Financial and money issues _____
- Work / career issues _____
- Work overload or underload _____
- Long or difficult commute to work _____
- Home improvements or repairs _____
- Issues about where you live _____
- Balancing work and family _____
- Limited personal &/or fun time _____
- Concerns with your appearance _____
- Boredom &/or Loneliness _____
- Concerns about growing older _____
- Illness or other issues with pet(s) _____
- Insomnia or reduced sleep _____

STRESS REDUCERS

Try these to calm your body-mind, lower blood pressure, reduce stress and tune into the moment.

Check off any that already work for you and also try some new ones to see how they work for you:

- Deep Breathing (4 counts in, 4 counts out) _____
- Take a walk (around the block, 5-10 min) _____
- Take a hot bath or shower _____
- Play with your pets &/or kids _____
- Eat some protein (cheese, chicken, turkey, fish, almonds, walnuts, protein drink) _____
- Keep a gratitude journal – what are you thankful for today? (5 or more items/day) _____
- Talk to a friend about your stress /issues _____
- Self-hypnosis, visualization _____
- Volunteer for a cause that you care about _____
- Sleep at least 6-8 hours at night _____
- Don't watch TV or read news before bed _____
- Read something inspiring just before bed _____
- Write positive affirmations before sleep _____
- Replace worries with a happy memory _____
- Close your eyes and repeat an affirmation _____