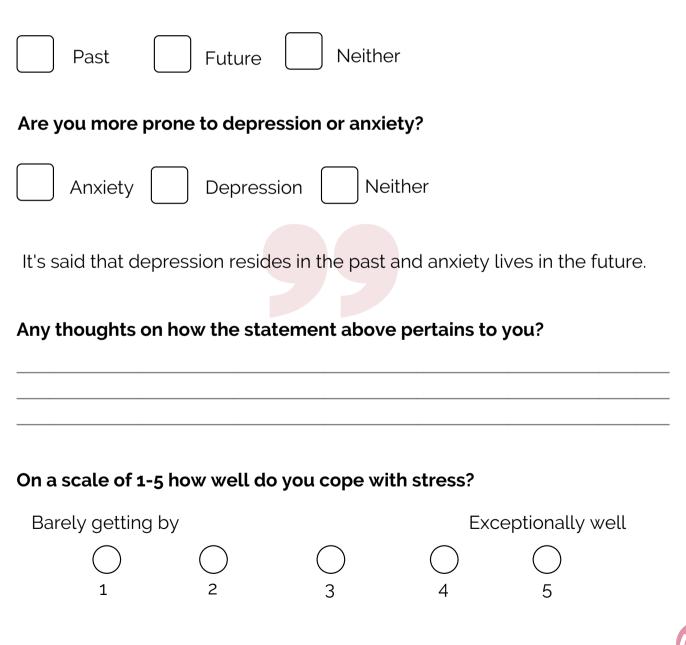
STRESS MANAGEMENT

How well do you cope with stress?

Stress is often the underlying culprit of many health issues including insomnia, weight-gain (or loss), depression, anxiety, digestive issues and skin irritations. Learning how to properly cope with stress is an extremely important aspect of health and wellness.

Are you more likely to worry about the past or stress about the future?



Stress Management

List some ways in which you generally cope with stress?

1			EXAMPLES:		
2 3			Drinking Working Cooking Relaxing Exercising	Pampering Eating Shopping Sleeping Fighting	
On a scale of 1-5 how effective are your coping mechanisms?					
\bigcirc	\bigcirc	\bigcirc	\bigcirc	\bigcirc	
1 Not at all effec	2 ctive	3	4	5 Highly effective	

If your coping mechanisms are not so effective, list some ways in which you could alleviate stress in more productive ways:

0	EXAMPLES:		
1	Writing	Traveling	
	Creating	Experiencing	
2	Building	Learning	
	Meditating	Playing	
3	Reading	Adventuring	

What's keeping you from coping with stress in healthier ways?