

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?

Past Future Neither

Are you more prone to depression or anxiety?

Anxiety Depression Neither

It's said that depression resides in the past and anxiety lives in the future.

Any thoughts on how the statement above pertains to you?

On a scale of 1-5 how well do you cope with stress?

Barely getting by

Exceptionally well



1



2



3



4



5



List some ways in which you generally cope with stress?

1

2

3

EXAMPLES:

- Drinking Pampering
- Working Eating
- Cooking Shopping
- Relaxing Sleeping
- Exercising Fighting

On a scale of 1-5 how effective are your coping mechanisms?



1

2

3

4

5

Not at all effective

Highly effective

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

1

2

3

EXAMPLES:

- Writing Traveling
- Creating Experiencing
- Building Learning
- Meditating Playing
- Reading Adventuring

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

