

How to stress less

Complete this handout to focus on factors that cause your stress and the emotional and physical effects of those factors. Review the other **Stress FUNdamentals** fliers for ways you can learn to manage your stress.

Identify what events trigger stress in your day

They can be small, like rush hour traffic or chaos with kids in the morning; or they can be major, such as coping with a divorce, serious illness or job problems. My major stress triggers are:

List things you can do to help reduce your stress

Remember to refer to your project goals. My stress reducers are:

Identify what you're passionate about

Being involved in activities that exercise your passions can reduce stress.

Think about how stress affects you

Place a check mark next to the items that apply:

- | | | | |
|---|---|--|---|
| <input type="checkbox"/> Sleep problems | <input type="checkbox"/> Digestive problems | <input type="checkbox"/> Appetite loss | <input type="checkbox"/> Dizziness |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Muscle fatigue | <input type="checkbox"/> Dry mouth | <input type="checkbox"/> Irritability |
| <input type="checkbox"/> Chest pains | <input type="checkbox"/> Overeating | <input type="checkbox"/> Clenched jaws | <input type="checkbox"/> Sick often |
| <input type="checkbox"/> Palpitations | <input type="checkbox"/> Eye tics | <input type="checkbox"/> Hair loss | <input type="checkbox"/> Skin irritations |
| <input type="checkbox"/> Depression | | | |



BlueCross BlueShield of Texas

Experience. Wellness. Everywhere.™



My action plan



Place a check mark next to the activities that could help you relax that you may not have listed

- | | | |
|---|--|--|
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Do needlework or woodworking | <input type="checkbox"/> Enjoy your favorite type of artwork |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Record your feelings in a journal | <input type="checkbox"/> Put on headphones and take a walk |
| <input type="checkbox"/> Watch television | <input type="checkbox"/> Call a friend or family member | <input type="checkbox"/> Sew |
| <input type="checkbox"/> Play an instrument | <input type="checkbox"/> Create scrapbooks or photo albums | <input type="checkbox"/> Sleep |
| <input type="checkbox"/> Pray and attend church | <input type="checkbox"/> Work on a car | <input type="checkbox"/> Read |
| <input type="checkbox"/> Laugh and have fun | | <input type="checkbox"/> Meditate |
| <input type="checkbox"/> Go to a concert, play or movie | | <input type="checkbox"/> Listen to music |

Make a list of what's important to you

How do you want to spend your time?

How are you currently spending your time?

How does it compare to the above list of important activities?

Turn to the handout *Time is on your side* for strategies that can help you make time for your stress-busting activities.