

Quick Stress Busters and Hacks

What is stress?

Common causes of

What stresses you?

Signs and symptoms of excessive stress

Below, check all the stress signs or symptoms you've experienced, or you've seen others experience.

<input type="checkbox"/> Lack of motivation	<input type="checkbox"/> Headaches
<input type="checkbox"/> Negative attitude	<input type="checkbox"/> Trouble sleeping
<input type="checkbox"/> Changes in appearance	<input type="checkbox"/> Difficulty concentrating
<input type="checkbox"/> Low morale	<input type="checkbox"/> Irritability
<input type="checkbox"/> Increased absenteeism	<input type="checkbox"/> Stomach problems
<input type="checkbox"/> Arriving to work late	<input type="checkbox"/> Feeling anxious
<input type="checkbox"/> Substance misuse	<input type="checkbox"/> Fatigue
<input type="checkbox"/> Chest pain	<input type="checkbox"/> Feeling depressed
<input type="checkbox"/> Feeling overwhelmed	<input type="checkbox"/> Social withdrawal

List any others here:

Stress reduction techniques

Assess and Manage Stressors

What gives you energy?

What depletes your energy?

What can you delegate?

How you can invigorate yourself when you're feeling drained?

Breaking negative habits

- Avoid perfectionism

- Stay organized

- Change your negative thinking

- Focus on what you can control

Gratitude

Name three things you're grateful for.

1.

2.

3.

Scale your current stress level

- On a scale of 1-10 (10 being the highest) my current level of stress is _____
- After the relaxation technique my stress level is _____

Mindful Breathing for relaxation

To elicit the relaxation response, practice any relaxation techniques 10-20 minutes per day.

1. Find a relaxed, comfortable position. Hands resting where they're comfortable.
2. Relax your body. Become curious about your body—the sensations, the feelings, the connection with the floor or the chair. Relax any areas of tightness or tension while you breathe normally.
3. Tune into your breath. Feel the natural flow of breath—in, out. Keep the breath natural—not too long, not too short. Notice where you feel your breathing—your abdomen, chest, throat, nostrils. Focus on the sensations of breath, one breath at a time. When one breath ends, the next breath begins
4. As you do this, your mind may start to wander—thinking about other things. This is normal. Just notice that your mind has wandered and gently redirect your thoughts back to your breath.

5. Focus on your natural breath for 10-15 minutes.
6. Once again notice your body, your whole body. Let yourself relax even more deeply and then offer yourself some appreciation for doing this practice today.

Action plan

What: A new way I will manage stress is...

When: I will start doing this...

(Date) _____

Who: The people I will reach out to support me manage my stress are...
