



# LOOKING BACK: A Self-Reflection

## Stress and Relaxation Worksheet

### LINKING PRIORITIES TO STRESS

Identify the top five “musts” in your life (financial, health, occupation, etc.) below. How much does each contribute to your stress level? Circle the number that corresponds to the “must” beside it (1 being the least amount of stress and 5 being the most amount of stress).

- |          |   |   |   |   |   |
|----------|---|---|---|---|---|
| 1. _____ | 1 | 2 | 3 | 4 | 5 |
| 2. _____ | 1 | 2 | 3 | 4 | 5 |
| 3. _____ | 1 | 2 | 3 | 4 | 5 |
| 4. _____ | 1 | 2 | 3 | 4 | 5 |
| 5. _____ | 1 | 2 | 3 | 4 | 5 |

How do you react to stress? Do you get angry? Do you internalize it or shut down? Do you get anxious? Do you use chemicals (drugs or liquor)? Do you go shopping? Do you eat? List the 2 reactions you observe in your behavior the most:

- \_\_\_\_\_
- \_\_\_\_\_

How is the stress manifested? In your stomach? Do you get a headache? Do you lose or increase your appetite? List the 2 reactions you observe the most:

- \_\_\_\_\_
- \_\_\_\_\_

What ways have you best dealt with stress in the past? What ways work? How do others deal with stress that works? Whether it is something you have done or something you have seen someone else do, list a few ways to positively combat stress:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

