Stress Management Guidelines
(Adapted from Health Behavior Change, Stephen Rollnick)

STEP 1: Rate your current stress level on the scale of 1-10 below.

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<th>1</th>
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<tbody>
<tr>
<td>Low Stress</td>
<td>Moderate Stress</td>
<td>High Stress</td>
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STEP 2: Think about your stress bucket - the causes and symptoms of your stress and what you’re now doing to lower your stress.

Causes of stress: The things that fill the bucket. Some can be changed, others cannot. Some come in torrent, others in a steady, though small, drip-drip form. Why are you under stress at the moment?

Symptoms of stress: The things that happen to you as the level rises. Symptoms affect the body, the mind and behavior. See below examples of each. How does it affect your body/moods/everyday life?

<table>
<thead>
<tr>
<th>Body</th>
<th>Mind</th>
<th>Behavior</th>
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</thead>
<tbody>
<tr>
<td>heart rate</td>
<td>poor concentration</td>
<td>difficulty sleeping</td>
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<tr>
<td>aches</td>
<td>poor memory</td>
<td>changes in smoking habits</td>
</tr>
<tr>
<td>pains</td>
<td>worrying too much</td>
<td>changes in drinking habits</td>
</tr>
<tr>
<td>dizziness</td>
<td></td>
<td>changes in eating habits</td>
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Solutions to stress: The things that lower the level in the bucket.

What do you do now to reduce your level of stress?

STEP 3: Now rate the target level of stress that you would like to get to on the scale of 1-10 below.

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STEP 4: The next step is to identify and adopt approaches to reduce your stress and its impact on your health. Find solutions that will work best for you.

Possible Life Management Solutions
- Alter one or more of the causes if possible
- Find reasons to be thankful
- Celebrate life everyday
- Talk to someone about your worries
- Seek support from your friends and or family
- Do something you have been procrastinating about
- Get organized and clean up clutter
- Take a time management course
- Be more flexible and go with the flow
- Come up with ways to say no to excessive demands on your time
- Make room in your life for more fun activities
- Listen to music that makes you feel good at home or during your commute to and from work
- Take a relaxing hot bath
- Turn off your phone

Possible Healthful Behavior Solutions
- Practice some form of relaxation such as meditation, deep breathing, or tai chi
- Get a massage regularly
- Exercise regularly or be more active in your daily routine
- Get enough sleep; if you can’t sleep later in the morning, go to bed an hour earlier
- Eat a more healthful diet
- Minimize consumption of caffeine, nicotine, or alcohol if applicable
- Incorporate stretches throughout your day, especially muscles that feel tight