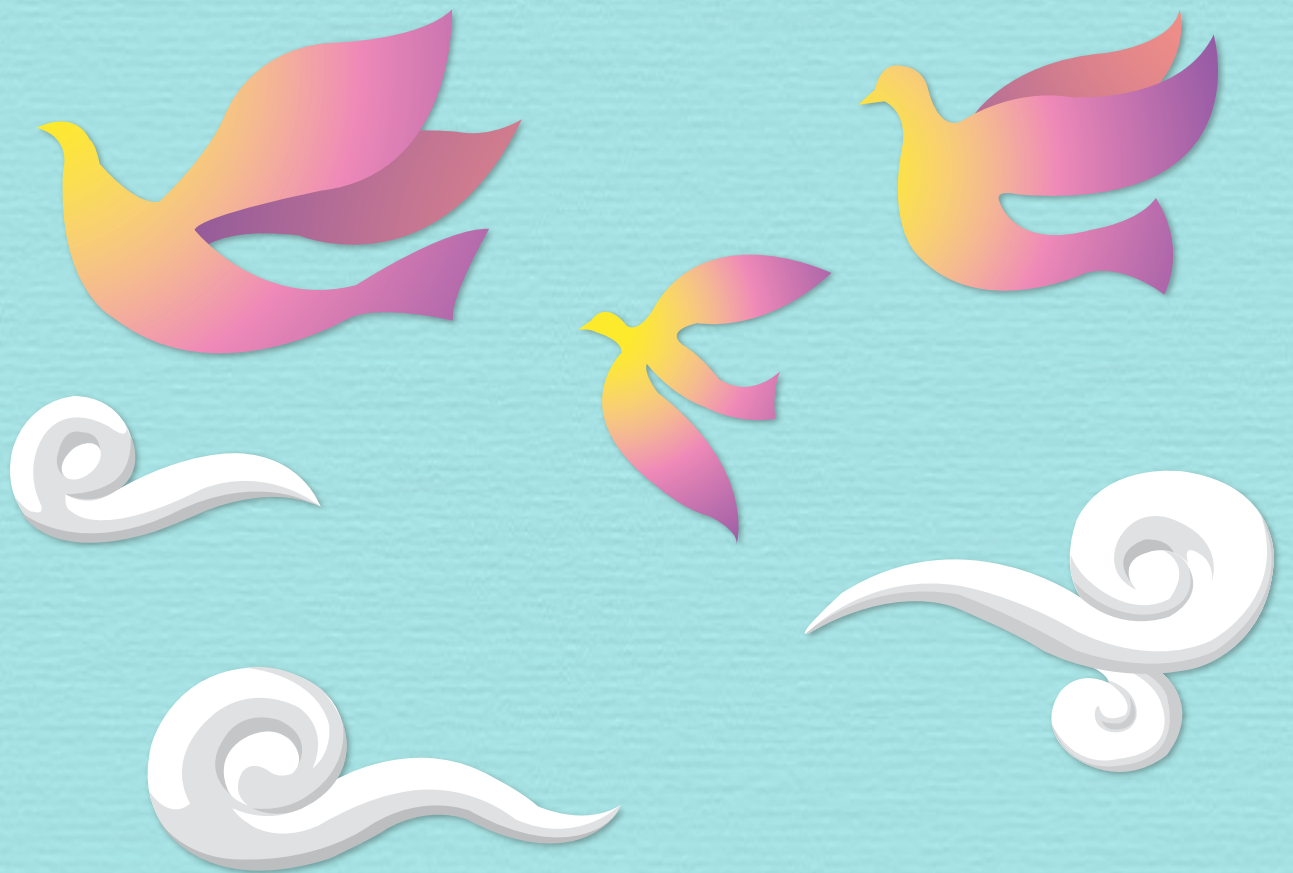


# Breaking Free from **STRESS**



**workbook**

***No matter who you are or what you do with your time, stress is bound to occur in your life.***

Why not educate yourself as much as possible about this common experience and learn to identify your own signs and symptoms of tension, anxiety and worry? Then, you can then select and practice effective stress management techniques.

Complete this worksheet to become more aware of your own personal responses and what works best to manage them.

1. **Write down your own definition of stress.** Then, compare this with how stress is defined in the full book.

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2. **Name the three basic elements often included in stressful events:**

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3. **Think of an example of good stress in your life.** This can be anything from your motivation to get up in the morning to the pressures of caring for a new baby.

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4. **What does your stress response look like?** As stated in the book, you have your own unique “fingerprint” of expressing stress. After reviewing the ways that some people express stress, ask yourself how you respond. Feel free to also list symptoms not found in the book.

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5. **What triggers your stress?** After reading chapter four, what do you see as the causes of the majority of your stress? Be specific.

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6. **What's in your power to change?** Now, circle your causes that you might have some control over. What could you do to help reduce or stop your stressful feelings in the future when those events occur?

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7. **How do you deal with stress?** What are some less constructive ways you've managed stress in the past? What choices could you make, instead, to better support yourself?

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8. **List coping techniques that you've found to be successful for you.** What methods have worked for you in the past to relieve your stress?

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9. **Are there others you'd like to try?** Write down some stress management techniques that you would like to experiment with in the future. Be specific. For example, instead of saying, "Exercise," say something like, "Take a 20 minute walk every evening after dinner."

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10. **Can you implement any of these methods today?**

If so, which ones?

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11. **What have you learned about your stress?** As a result of reading the book and completing this worksheet, have you gained any new insights into your own stresses?

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