Mother Gaia's Wellness
Your Guide through Change
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WORKING THROUGH STRESS

Stress is our biggest enemy when it comes to our health. It causes inflammation, heart disease, hypertension, depression, weight gain, and many more. If we don't control our reactions to stress, then our bodies and minds develop problems. This worksheet is designed to help you work through your stress and find ways to deal with it more effectively.

Stressful Mindsets: Rate them from 1-5 (1 being never, and 5 being always).

ATTITUDE	CIRCLE ONE				
I'm always right.	1	2	3	4	5
I must succeed all the time	1	2	3	4	5
Things must be perfect	1	2	3	4	5
Never enough time in the day	1	2	3	4	5
I feel isolated from family/friends	1	2	3	4	5
I feel people should listen better	1	2	3	4	5
Events in my life are running me	1	2	3	4	5
I must do everything myself	1	2	3	4	5
I can't say no to people without feeling guilty	1	2	3	4	5
I never feel satisfied with my life	1	2	3	4	5
I need to create excitement to avoid boredom	1	2	3	4	5
I feel lack of intimacy with others	1	2	3	4	5
I am unable to relax	1	2	3	4	5
I feel increasingly cynical and judgmental	1	2	3	4	5
I am unable to laugh at myself	1	2	3	4	5
I avoid speaking my mind	1	2	3	4	5
I feel as if I'm going nowhere	1	2	3	4	5
I have problems I cannot solve	1	2	3	4	5
In the morning, I feel unrested	1	2	3	4	5
I often communicate negative views	1	2	3	4	5
I get angry easily	1	2	3	4	5
I seem further behind at the end of the day	1	2	3	4	5
I forget deadlines and appointments	1	2	3	4	5
I am irritable and short tempered	1	2	3	4	5
I often worry about the future	1	2	3	4	5
I considered myself used/exploited	1	2	3	4	5
I sleep restlessly	1	2	3	4	5
I feel dissatisfied with my work and personal life	1	2	3	4	5
I wish I could change the past	1	2	3	4	5
I'm not where I want to be in my life	1	2	3	4	5
I have trouble getting to sleep and staying asleep	1	2	3	4	5
I have trouble waking up in the morning	1	2	3	4	5
I feel hopeless and sad in the morning	1	2	3	4	5
Total (add up the points circled)					

Stressful Mindsets Score:

0-26 low stress	26-52 mild stress	52-78 moderate	78-102 moderate-high	102+ high stress

Looking at your score what do you see?

Reviewing the list and your score, how does it make you feel?

What are some things you can change right now?

Creative Responses to Difficult Times: Different situations/times appear in our lives and sometimes they can be difficult. An important part of personal development is to view the situation from different perspectives. When you become self-aware of how your thoughts, beliefs and attitudes affect your life you can then choose to expand your mindset to including new possibilities and creative responses. In order to cope well with difficult situations/times you need to build up a variety of different tools and techniques to manage them well. Answer the following questions to help expand your mindset and gain a different perspective.

Write down something that has been recently challenging to you.

Were you able to create a win/win solution for yourself and everyone involved?

If you couldn't, what were the difficulties/challenges?

If you did create a win/win situation, how did you get there?

What did you to do to be successful in this situation?

What creative responses to challenges do you have in your personal 'toolbox'?

How do these creative responses help you deal with challenging times?

What else could you do to handle stressful or difficult times?

How would a successful entrepreneur handle this?

How would your best friend or family member handle this? What would they do differently?

What could you do in this situation if it happened again?

What could you change in your behavior to create a positive outcome?

How could you think differently about situations to make you more resilient?

Stress Diary - Finding Your Optimum Stress Levels:

Keeping a stress diary is an effective way of finding out what causes you stress, the level of stress you can handle and how you cope with stressors. In your diary, write down your stress levels and how you feel throughout the day. In particular, notice "stressful" events. Record the following information:

At least 5 times a day
(on the hour -the same every day)
write down:

- The time
- The amount of stress that you feel (on a scale of 1 to 10)
- The emotions you are experiencing
- How efficiently you think you are accomplishing things

When you are feeling "stressed", write down:

- Briefly describe the situation.
- When and where did it occur?
- What important factors made the event stressful?
- Rate how stressful it was, on a scale of 1 to10.
- How did you handle the event?
- Do you feel you handled the event well?
- Did you deal with the cause or the symptom?
- Overall, do you feel that you dealt with the stressor effectively?

Analyzing the Diary: After two weeks, evaluate your information and notice where and when you feel the most stress. This should give you two types of information:

1. To understand the level of stress you are happiest with and the level of stress in which you work most effectively.
2. You will be able to identify the stressors in your life which you are unhappy with. You will understand what situations that make stressors particularly unpleasant, and see whether your strategies for handling the stresses are effective, or not.

It's important to keep a stress diary for 1-2 weeks to pinpoint your stress and how you deal with it. Then you can work with the information to develop strategies to cope with or minimize stress in your life. After you've completed analyzing and reviewing your stress diary, fill in below with your symptoms of stress and stressors.

What are your physical symptoms of stress?

What are your psychological or emotional symptoms of stress?

What beliefs or attitudes can cause your stress?

What lifestyle behaviors cause your stress?

What are some of your stressful life events?

What are some stressors you have experienced at work?

What are some home or relationship based stressors?

What are your financial stressors?