

# How to stress less

Complete this handout to find out what factors cause stress for you, the emotional and physical affects of those factors and ways you can learn to manage your stress.

## Identify what events trigger stress in your day

They can be small, like rush hour traffic or chaos with kids in the morning, or major, such as coping with a divorce, serious illness or job problems. My stress triggers are:

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## Think about how stress affects you

Place a check mark next to the items that apply:

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Sleep problems   | <input type="checkbox"/> Dizziness        | <input type="checkbox"/> Headaches          |
| <input type="checkbox"/> Chest pains      | <input type="checkbox"/> Irritability     | <input type="checkbox"/> Palpitations       |
| <input type="checkbox"/> Depression       | <input type="checkbox"/> Sick often       | <input type="checkbox"/> Muscle fatigue     |
| <input type="checkbox"/> Skin irritations | <input type="checkbox"/> Eye ticks        | <input type="checkbox"/> Digestive problems |
| <input type="checkbox"/> Dry mouth        | <input type="checkbox"/> Overeating       | <input type="checkbox"/> Clenched jaws      |
| <input type="checkbox"/> Appetite loss    | <input type="checkbox"/> Hair falling out |   |

## List things you can do to help reduce your stress

Remember to refer to your project goals. My stress reducers are:

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# How to stress less

Place a check mark next to the activities that could help you relax

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|---|--|
| <input type="checkbox"/> Exercise                       | <input type="checkbox"/> Laugh and have fun                  |
| <input type="checkbox"/> Read                           | <input type="checkbox"/> Pray and attend church              |
| <input type="checkbox"/> Sleep                          | <input type="checkbox"/> Record your feelings in a journal   |
| <input type="checkbox"/> Play an instrument             | <input type="checkbox"/> Sew                                 |
| <input type="checkbox"/> Go to a concert, play or movie | <input type="checkbox"/> Do needlework or woodworking        |
| <input type="checkbox"/> Watch television               | <input type="checkbox"/> Work on a car                       |
| <input type="checkbox"/> Call a friend or family member | <input type="checkbox"/> Create scrapbooks or photo albums   |
| <input type="checkbox"/> Listen to music                | <input type="checkbox"/> Enjoy your favorite type of artwork |
| <input type="checkbox"/> Dance                          | <input type="checkbox"/> Put on headphones and take a walk   |
| <input type="checkbox"/> Meditate                       |  |

Identify what you're passionate about

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Make a list of what's important to you

How do you want to spend your time?

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How are you currently spending your time?

Does it match with the above list of important activities?

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