Stress Reducers

A certain amount of stress makes life interesting and challenging. However, when there's too much or a person isn't managing stress well, illness can result. Below is a list of stress reducers to help you stay well physically and emotionally.

Directions: Check the items below that best describe you. Then follow the instructions on the next page.

______ I sleep 7-8 hours at least four nights a week.
______ I have at least one relative or friend nearby on whom I can rely.
______ I drink fewer than five alcoholic beverages per week.
______ I give and receive affection regularly.
______ I exercise at least three times per week.
______ My income is adequate to meet my basic expenses.
______ I have a network of friends and acquaintances.
______ I'm in good health (including eyesight, hearing and teeth).
______ I'm able to speak about my feelings when angry or worried.
______ I have regular conversations with the people I live with about domestic problems (chores, money and living issues).
______ I regularly participate in social or other activities.
______ I do something fun at least once a week.
______ I'm able to manage my time well.
______ I eat a well-balanced diet, including good amounts of protein, fruits and vegetables.
______ I'm close to the appropriate weight for my height.
______ I get strength from my beliefs.
______ I drink less than four caffeinated beverages per day.
______ I get an adequate amount of quiet time for myself during the day.
______ I have one or more people to confide in about personal matters.
______ I have a plan to better manage the stressors in my life.

______ TOTAL number of checks
Add up the number of checks on the previous page. If there are seven or less, you might not be doing all you can to reduce or manage stress in your life.

**Next Steps:** Review the items above and identify one or two that you can do more often. For example, taking a long, vigorous walk three times a week could improve your health at stressful times in your life.

**Stress Reducers to Add or Change**

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