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

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

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- Low Stress
- Moderate Stress
- High Stress

**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?*

- **Body**
  - heart rate
  - aches
  - pains
  - dizziness

- **Mind**
  - poor concentration
  - poor memory
  - worrying too much

- **Behavior**
  - difficulty sleeping
  - changes in smoking habits
  - changes in drinking habits
  - changes in eating habits

**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