





## **B. Choosing what you need**

1. What could I do right now to alleviate the 'symptoms in questions 3a) and 3b) above?
2. What (if anything) is stopping me from doing that?
3. If I could do one activity regularly which I enjoy to help me feel less stressed, what would it be?
4. How would I feel doing that activity?
5. How long and how often would I need to do the activity to reduce my stress levels in general?
6. How could I build the activity into my regular routine?
7. What would the 'cost' to my well-being be of NOT doing this (or something similar that I enjoy)?
8. What would the benefit of making a little time to do this activity be?
9. How would I know when things had changed for the better?
10. What is the next step I can take to make the change I want?
11. Who do I want to tell about this (if anyone)?
12. Once I start my new enjoyable habit, how can I support myself to continue?