

## Lower my stress – now!

Take 15 minutes out to run through this mini self-coaching programme and work out what will best help you reduce your stress levels. All the questions are personal to you.

## A. Identifying the stress

1. How stressed am I?

1	2	3	4	5	6	7	8	9	10
Not at all								Over the	e top/at risk.

2. How far do I feel in control of my own situation at the moment?

1	2	3	4	5	6	7	8	9	10
Not at all								Over th	e top/at risk.

- 3. How do I know I am stressed? Write down all the physical and psychological symptoms.
- a) **Physically** I notice:

## b) **Psychologically** I feel:

How long have I felt this way?

## 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?