



WELLNESS WORKSHEET 15

Stress-Management Techniques

Part I. Lifestyle Stress Management

For each of the areas listed in the table below, describe your current lifestyle as it relates to stress management. For example, do you have enough social support? How are your exercise and nutrition habits? Is time management a problem for you? For each area, list two ways that you could change your current habits to help you manage your stress. Sample strategies might include calling a friend before a challenging class, taking a short walk before lunch, and buying and using a date book to track your time.

	Current lifestyle	Lifestyle change #1	Lifestyle change #2
Social support system			
Exercise habits			
Nutrition habits			
Time-management techniques			
Self-talk patterns			
Sleep habits			

(over)

Part II. Relaxation Techniques

Choose two relaxation techniques described in Chapter 2 (progressive relaxation, visualization, deep breathing, meditation, yoga, taijiquan, music therapy). If a taped recording is available for progressive relaxation or visualization, these techniques can be performed by your entire class as a group.

List the techniques you tried:

1. _____
2. _____

How did you feel before you tried these techniques?

What did you think, or how did you feel, as you performed each of the techniques you tried?

1. _____

2. _____

How did you feel after you tried these techniques?
