



Wellness

SLAINTE + BENEFITS

POSITIVE AND NEGATIVE REACTIONS TO STRESS

SELF-CARE WORKSHOP WORKSHEET

Every day we all carry out routines and behaviors. Sometimes our intentions for the day do not match the reality based on every day stressors and responsibilities.

Becoming self-aware is the first step in creating change. This worksheet is for your eyes only. The goal is to think through how you react to stress. Remember, honesty is key.

Please check off the following that match your behaviors, especially in times when you feel stressed.

When I am stressed or upset, I tend to:

- Engage in physical activity
- Get plenty of sleep (6-8 hours)
- Maintain good eating habits
- Make time to relax and unwind
- Maintain a sense of humor
- Do something playful
- Do something artistic
- Maintain my healthy routines
- Be optimistic and engage in positive thinking.
- Spend time with family and/or friends.
- Make plan for the futures.
- Talk about stress.
- Celebrate accomplishments.
- Practice meditation.
- Ask for help.
- Connect with others.
- Work on a hobby

THESE ARE POSITIVE SELF-CARE BEHAVIORS

- Smoke/use tobacco
- Drink a lot of coffee or caffeinated drinks
- Drink alcohol
- Overuse over-the-counter medications
- Overeat or under eat
- Skip meals
- Shop or spend money
- Watch too much television or play too much video games
- Mindlessly scroll on social media
- Have an angry outburst
- Withdrawal from others
- Take illegal drugs
- Ignore or deny stress
- Stay up all night
- Engage in too much physical activity
- Hold in stress or withdrawl from others and normal routine.
- Sleep too much

THESE ARE NEGATIVE SELF-CARE BEHAVIORS

Reflect on your thoughts of how you typically respond to stress. Are there behaviors you do more than others?

We took a deep dive in learning what self-care items we tend to do when we are feeling stressed. Let's take that assessment one step further to determine if we are balanced in our self-care approach.

Go through the following categories and rate yourself on the following scale:

3 = I do this frequently and I do it well • **2** = I do this occasionally • **1** = I barely do this • **0** = I never do this
X = I don't envision I would enjoy this • **?** = This never occurred to me

Once you complete this take a hard look for patterns. What areas are you strong areas? Where is your biggest opportunity for improvement. Additionally, take special note of anything you would like to try, but haven't yet.



PHYSICAL

- ___ Eat regularly (consume three meals per day)
- ___ Eat healthy (fruits/veggies, lean proteins, complex carbohydrates, limit saturated fats and simple sugars)
- ___ Exercise (at least 150 minutes per week)
- ___ Receive medical care and preventative screenings (wellness checks and screenings)
- ___ Get medical attention when you need it
- ___ Take time off when sick
- ___ Get a massage
- ___ Participate in recreational activities (dance, swim, sports, sing, other physical activity)
- ___ Get enough sleep
- ___ Take time to recover from physical activity (allow yourself rest days/active recovery)

Notes:



MENTAL

- ___ Take day trips, mini vacations or time off work
- ___ Make time away from telephones, email and internet
- ___ Spend time self-reflecting
- ___ Notice my thoughts, attitudes and feelings
- ___ Journal
- ___ Read literature or books unrelated to work
- ___ Do something I am not expert or in charge
- ___ Be curious
- ___ Engage my intelligence in an art show, theatre, sports event etc.
- ___ Say no when I need to.
- ___ Meditate
- ___ Spend time not multi-tasking
- ___ Try something artistic like painting or drawing

Notes:



EMOTIONAL

- ___ Spend time with others whose company I enjoy.
- ___ Stay in contact with important people in my life.
- ___ Give myself affirmations and praise.
- ___ Love myself
- ___ Identify comforting activities, objects people and places
- ___ Allow myself to cry.
- ___ Find things that make me laugh.
- ___ Re-visit things from the past that brought me joy.
- ___ Reminisce with a friend or family member
- ___ Practice mindfulness
- ___ Accept feelings without judgement
- ___ Focus on what you can control
- ___ Keep a gratitude journal

Notes:



ENVIRONMENTAL

- Donate old clothes
- Spend time in nature
- Move furniture around
- Have plants and maintain care for them
- Decorate a spot you spend the most time in
- Donate to charity
- Volunteer
- Clean your house or refrigerator
- Make your bed
- Buy flowers
- Organize something in your home
- Practice sustainability (ex: use reusable bags when grocery shopping)

Notes:



RECREATIONAL/PLEASURE

- Do things that bring you joy
- Take vacations
- Have a hobby
- Go to the movies
- Read a book
- Do something creative (paint, crochet)
- Complete a puzzle
- Play games
- Make a playlist of your favorite songs
- Explore a new place
- Go to an arcade or amusement park
- Try a new activity like axe throwing or an escape room
- Play with your pets
- Go to a concert

Notes:



SPIRITUAL

- ___ Make time for reflection.
- ___ Spend time in nature.
- ___ Find spiritual connection or community.
- ___ Be open to inspiration
- ___ Be aware of non-material aspects of life
- ___ Be open to not knowing.
- ___ Cherish hope.
- ___ Identify what is meaningful to me and notice its place in my life.
- ___ Mediate
- ___ Sing
- ___ Pray
- ___ Have experiences of awe

Notes:



RELATIONAL/SOCIAL

- ___ Schedule regular dates with my partner, spouse, children or friends/family
- ___ Make time for important people in my life
- ___ Call and check on or see my relatives
- ___ Spend time with companion animals
- ___ Stay in contact with important individuals that live far away
- ___ Make time to reply and send personal emails and letters
- ___ Allow others to do things for me
- ___ Enlarge my social circle
- ___ Ask for help when I need it
- ___ Share fear, hope or sadness with others
- ___ Try something new with someone special
- ___ Do something nice for someone
- ___ Remember important details and ask questions about others
- ___ Set boundaries with family members or friends

Notes:



WORK PLACE/PROFESSIONAL

- ___ Take a break during the work day
- ___ Take time to catch up with co-workers
- ___ Make quiet time to complete tasks
- ___ Identify projects or tasks that you enjoy
- ___ Set limits and define boundaries with people
- ___ Stay organized
- ___ Say no when your plate is full
- ___ Arrange work space that is comfortable and inspiring
- ___ Ask for help
- ___ Have a business buddy
- ___ Participate in company events/activities

Notes:



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CREATING YOUR SELF-CARE PLAN

SELF-CARE WORKSHOP WORKSHEET

Preparation is key to success in any area of life and self-care is no different. Below we are going to fill in our self-care plan that covers all the dimensions we talked about previously. There is room to expand and add a new dimension as well. This is your time to be intentional and choose the strategies that work well for you as well as address negative strategies you would like change. You will also think through barriers that may present themselves and ways you can overcome them. This sheet is your maintenance plan.

PHYSICAL

YOUR CURRENT PRACTICE:



YOUR NEW PRACTICE:

BARRIERS AND HOW YOU WILL OVERCOME THEM:

MENTAL

YOUR CURRENT PRACTICE:



YOUR NEW PRACTICE:

BARRIERS AND HOW YOU WILL OVERCOME THEM:

EMOTIONAL

YOUR CURRENT PRACTICE:



YOUR NEW PRACTICE:

BARRIERS AND HOW YOU WILL OVERCOME THEM:

ENVIRONMENTAL

YOUR CURRENT PRACTICE:



YOUR NEW PRACTICE:

BARRIERS AND HOW YOU WILL OVERCOME THEM:

RECREATIONAL/PLEASURE

YOUR CURRENT PRACTICE:



YOUR NEW PRACTICE:

BARRIERS AND HOW YOU WILL OVERCOME THEM:

SPIRITUAL

YOUR CURRENT PRACTICE:



YOUR NEW PRACTICE:

BARRIERS AND HOW YOU WILL OVERCOME THEM:

RELATIONAL/SOCIAL

YOUR CURRENT PRACTICE:



YOUR NEW PRACTICE:

BARRIERS AND HOW YOU WILL OVERCOME THEM:

WORKPLACE/PROFESSIONAL

YOUR CURRENT PRACTICE:



YOUR NEW PRACTICE:

BARRIERS AND HOW YOU WILL OVERCOME THEM:



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EMERGENCY STRESS STOPPERS

SELF-CARE WORKSHOP WORKSHEET

Life is not perfect and there is only so much we can control, even with the maintenance plan you will still have moments of high stress. The goal of the plan above is to help minimize the frequency of those moments.

This next section we will dive making a plan when our stress levels are high. This sheet should be completed when you are in a mindful and open minded mindset. If you are in a high stress situation right now please save this sheet to complete after letting your mind and body relax.

step 1 **Make a list of what you can do when you are upset that will be good for you.**

What will make you relax? Examples: Breathing, muscle relaxation, hot shower/bathe, reading, watching a movie, exercise, walking, talking with a friend, stay in the moment, watch my thoughts

step 2 **Make a list of people you can contact if you need support or distraction.**

Feeling depressed _____

Lonely _____

Someone that will listen _____

Someone that will encourage me to do something fun _____

Who can remind me of my self-care plan _____

Who can give me a pep talk _____

step 3 **Fill in positive things to say to yourself when you are struggling.**

Think of what the stressed version of you needs to hear. If there are typical negative things you say to yourself think through how you can make them positive.

Example: Instead of saying - "I am so dumb. I'm never going to pass this test"

Say: "I may not know this information yet but I'm going to see what resources my company offers to help me with this. I know if I work hard enough I can pass this test."

step 4 Not everyone is supportive about every topic and situation. Some places, people or things can trigger us more and promote more negative behavior. Make a list of things to avoid when you are having a hard time. **Think of your usual behavior and make a list of the negative things you should avoid doing.**

Example:

I should not stay in the house all day.

I should not lay in bed all day.

I should not listen to sad music.

I should not drink too much alcohol.



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EMERGENCY STRESS STOPPERS

SELF-CARE WORKSHOP WORKSHEET

YOUR STRESS STOPPER CARD

Fill in your above plan on this card. Keep this card near you or with you so you have it when you need it. Take it out and read it frequently. As new ideas come up add them to the card.

STRESS STOPPER

MY SELF CARE PLAN