

STRESS AWARENESS

COMMENTS

- IDENTIFY THE CHALLENGES THAT CAUSED YOU TO RESPOND STRESSFULLY TODAY
- DID YOUR STRESS RESPONSE WORK FOR YOU OR AGAINST YOU IN EACH SITUATION?
- WHAT WERE THE PHYSICAL STRESS SYMPTOMS THAT YOU NOTICED IN YOURSELF TODAY?

STRESS RELEASE

COMMENTS

- DID YOU TAKE AN OPEN MIND INTO YOUR RELAXATION EXERCISES?
- DID YOU GENTLY ACKNOWLEDGE ANY THOUGHTS THAT POPPED UP BEFORE TURNING YOUR FOCUS BACK TO THE SOUNDS?
- DID YOU BREATHE FULL GENTLE BREATHS FROM YOUR BELLY RATHER THAN SHALLOW BREATHS FROM YOUR CHEST?
- DID YOU SUSPEND JUDGMENT AND TRUST YOU WERE DOING THE EXERCISE RIGHT?
- HOW DID YOUR ADDRESS STRESS EXERCISE MAKE YOU FEEL?

STRESS MINIMISATION

3-PILLARS CHECKLIST - DAY 1

RATE 0-10

COMMENTS

- DID YOU SET REALISTIC GOALS TODAY?
- DID YOU TAKE SOME TIME TO BE SOCIAL?
- HAVE YOU BEEN POSITIVE TOWARDS YOURSELF?
- DID YOU RESPECT A FEW PILLARS OF ROUTINE?
- DID YOU MAKE PEACE WITH EVENTS BEYOND YOUR CONTROL?
- DID YOU KEEP TODAY'S EVENTS IN BALANCED PERSPECTIVE?
- DID YOU DO SOME EXERCISE?
- DID YOU EAT WELL?
- DID YOU GET ENOUGH SLEEP?
- DID YOU GO EASY ON ALCOHOL AND CAFFEINE?