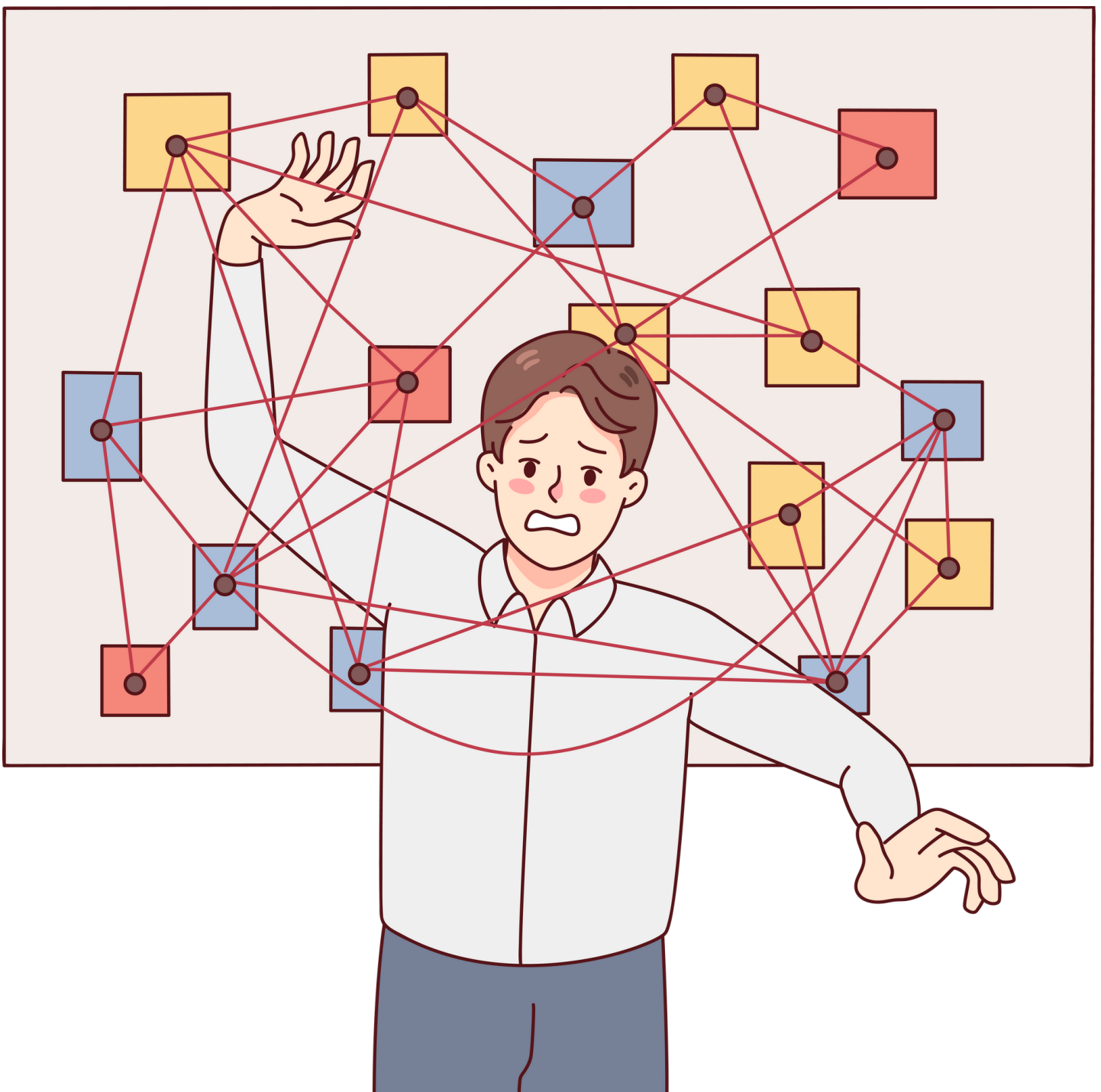


# The Impact of Lifestyle Choices: Dealing with Stress Edition

Stress is a common experience in our modern lives. **While some stress can be helpful in motivating you to take action, prolonged exposure to stress can take a toll on your physical and mental health.** In today's fast-paced world, it's more important than ever to find ways to manage stress and cultivate a sense of calm and balance in your life.



So, let's take a step towards understanding your current stress levels and explore some tips and strategies to help you reduce your stress levels and improve your overall well-being.

## **SELF-ASSESSMENT SCALE FOR STRESS LEVELS:**

**Instructions:** Please answer each question to the best of your ability based on your typical stress levels over the past month. Choose the answer that best reflects your typical behaviour.

### **How often do you feel overwhelmed or unable to cope with daily stressors?**

- a. Never
- b. Rarely
- c. Sometimes
- d. Often

### **How often do you experience physical symptoms of stress, such as headaches, muscle tension, or stomach problems?**

- a. Never
- b. Rarely
- c. Sometimes
- d. Often

### **How often do you engage in stress-reducing activities, such as exercise, meditation, or spending time with loved ones?**

- a. Daily
- b. Several times per week
- c. Once a week or less
- d. Rarely or never

### **How often do you feel irritable, restless, or easily agitated?**

- a. Never
- b. Rarely
- c. Sometimes
- d. Often

### **How often do you have trouble falling asleep or staying asleep due to stress or anxiety?**

- a. Never
- b. Rarely
- c. Sometimes
- d. Often

## Scoring Scale:

For each question, assign yourself the following points:

Question 1:	Question 2:	Question 3:	Question 4:	Question 5:
a. 0 points	a. 0 points	a. 3 points	a. 0 points	a. 0 points
b. 1 point	b. 1 point	b. 2 points	b. 1 point	b. 1 point
c. 2 points	c. 2 points	c. 1 point	c. 2 points	c. 2 points
d. 3 points	d. 3 points	d. 0 points	d. 3 points	d. 3 points

## Score Interpretation:

**0-4 points: Low stress.** Your stress levels are generally healthy, and you are effectively managing stress in your life.

**5-9 points: Moderate stress.** Your stress levels are somewhat elevated, and you may benefit from incorporating additional stress-reducing activities into your daily routine.

**10-14 points: High stress.** Your stress levels are significantly elevated, and you may be at risk for developing stress-related health problems. **Consider seeking the advice of a healthcare professional or therapist to develop an appropriate stress management plan.**

**15-18 points: Extremely high stress.** Your stress levels are critically elevated, and you may be experiencing significant stress-related health problems. **Seek the advice of a healthcare professional or therapist immediately to develop an appropriate stress management plan.**

**Note: This assessment is not intended to diagnose any mental health condition or substitute professional advice. Please consult a professional if you have severe stress-related concerns.**



## TIPS AND STRATEGIES TO MANAGE STRESS EFFICIENTLY:



- **Practise deep breathing:** Deep breathing exercises can help slow down your heart rate and promote relaxation. Take slow, deep breaths in through your nose and out through your mouth.

- **Setting boundaries can look like:**

- **Physical boundaries:** Set limits on physical touch or personal space. For example, maybe you have a friend who always gives big hugs, but sometimes you don't feel comfortable with that. It's okay to let them know that you prefer a different type of greeting.
- **Emotional boundaries:** These boundaries are all about the emotional energy you allow others to direct towards you. Ask yourself if you have the bandwidth to be there for another person because, after all, you can't pour from an empty cup.
- **Time boundaries:** These boundaries are another important way to honour your space. It's okay to set boundaries around your time and to say "no" when you need to focus on your own needs.
- **Material boundaries:** These involve setting limits on your possessions and resources. This can be tough, especially if you're a giving person who likes to help others. But it's important to recognize when lending possessions might cause you more stress or harm than good.
- **Social boundaries:** These involve setting limits on your interactions with others. It's okay to politely say "no" to invitations that don't align with your values or priorities or with your mental state at that point.



- **Practice gratitude:** Take time each day to reflect on the things you are grateful for. This can help shift your focus from stressors to positive aspects of your life. PS: We've added a printable gratitude tracker at the end of this worksheet!



- **Use aromatherapy:** Certain scents, such as lavender or chamomile, can have a calming effect on the mind and body. Try using essential oils, candles, or incense to create a relaxing atmosphere.

Taking steps to reduce and deal with stress effectively can lead to an improved lifestyle. By incorporating some of the tips and strategies we've discussed in this section, you can reduce your stress levels and cultivate a greater sense of calm and balance in your life. **Don't forget to take the time to prioritise your mental and emotional health, and watch as your overall happiness and quality of life improve.**

If you or someone you know is looking to seek professional help, reach out to us at **The Mood Space**, <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

**\*Gratitude Tracker:** Feel free to take a printout (or many) of the gratitude tracker we've shared on the next page, and use it for yourself every day.



# GRATITUDE JOURNAL

S M T W T F S

DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

TODAY I'M GRATEFUL FOR

1

2

3

GENTLE REMINDER  
FOR THE DAY

<input type="checkbox"/>	
<input type="checkbox"/>	
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THINGS THAT MADE ME  
SMILE

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WHAT CAN I  
DO BETTER  
TOMORROW?



SOMETHING I'M PROUD OF

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