



Coping With Stress - Practical Techniques For Optimal Wellbeing

WORKBOOK

Part 2: Finding Your Stress Points

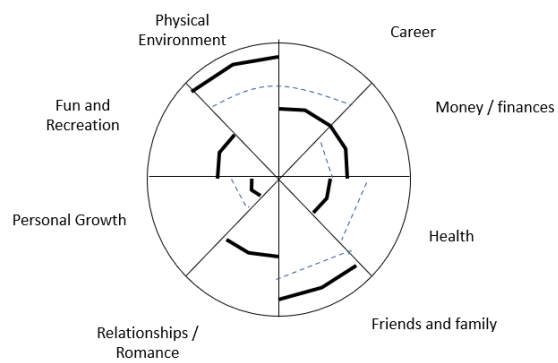


PART 2 COURSE EXERCISE

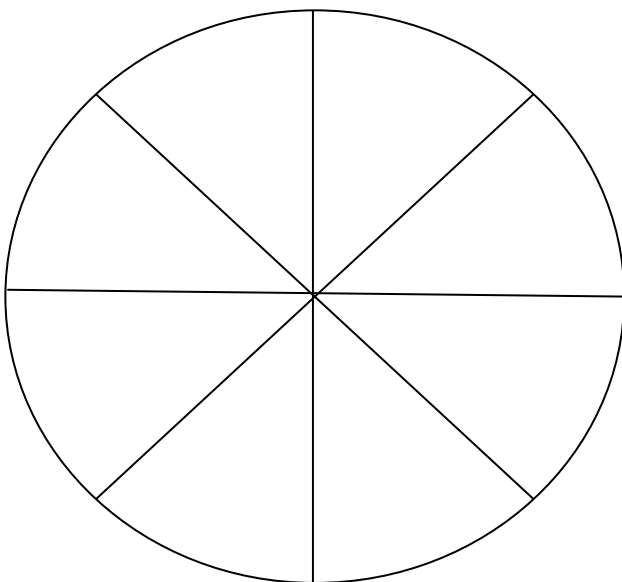
The Stress Response and Identifying Stress Points in Our Lives

Satisfaction and Stress Exercise Part I

Example



Your satisfaction / stress wheel



Directions:

1. Label the eight sections of the wheel with those things most important in your life.

These sections then represent balance in your life.

2. Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of **satisfaction** with each life area by drawing a straight or curved line to form a new outer edge. This should be a solid line. —————



3. Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of **stress** with each relevant life area by drawing a straight or curved line to form a new outer edge. This should be a dotted line. — — — Only enter a dotted line if this stress is above 0 and is regular, recurring / consistent stress in this area of life.

Stress Response Exercise

Take this quiz to support you with your learning from this section.

	True	False
1. A stress response can be a reaction to a real threat	<input type="checkbox"/>	<input type="checkbox"/>
2. A stress response is not a reaction to a perceived threat	<input type="checkbox"/>	<input type="checkbox"/>
3. A stress response can:		
a. make our heart pound faster	<input type="checkbox"/>	<input type="checkbox"/>
b. make our muscles tighten	<input type="checkbox"/>	<input type="checkbox"/>
c. make our blood pressure rise	<input type="checkbox"/>	<input type="checkbox"/>
d. make our senses become sharper	<input type="checkbox"/>	<input type="checkbox"/>
4. Stress responses are not for emergencies	<input type="checkbox"/>	<input type="checkbox"/>
5. Stress which is prolonged will not kill brain cells	<input type="checkbox"/>	<input type="checkbox"/>
6. Stress which is prolonged can shrink the area of the brain responsible for memory and learning	<input type="checkbox"/>	<input type="checkbox"/>
7. Short term stress can be helpful	<input type="checkbox"/>	<input type="checkbox"/>