



Coping With Stress - Practical Techniques For Optimal Wellbeing

WORKBOOK

Part 3: Moving Away From Stress



PART 3 COURSE EXERCISE

Managing Stress

How do we find our sources of stress. What can help us to identify these. How can we increase our life satisfaction. How can we identify where all of our energy is going. Is our energy going to a place which causes stress. Or is it going to places that bring satisfaction.

Satisfaction and Stress Exercise Part II

Taking each of the areas of stress from Part I of this exercise. Enter each of the life areas where stress exists in the left column below.

Then in the middle column, write down what the source of this stress is. Where does it come from. Are you aware of where this stress is coming from.

In the right hand column, write down what stress management relief you already apply to this area. Maybe you don't apply any stress relief to this area at the moment. Do you have a choice? Can you choose an alternative way so that this area is not as stressful for you going forward?

Life Area	Stress comes from	Stress relief applied