

# **Your Stress Management Checklist**

## **Identifying Stress Symptoms**

- Do you feel excessively tired or fatigued?
- Do you struggle with sleep problems such as insomnia or oversleeping?
- Do you often experience headaches or muscle tension?
- Have you noticed changes in your appetite (either loss or increase)?
- Do you frequently feel anxious, worried, or irritable?

If you answered "yes" to some of these questions, you might be experiencing stress-related symptoms.

## **Breathing and Relaxation Techniques**

- Do you practice deep breathing exercises daily?
- Do you set aside time during the day for mental rest and relaxation?
- Have you tried breathing techniques like the "4-7-8" method?

Incorporating these techniques into your routine can help lower cortisol levels and promote calmness.

## **Physical Activity and Exercise**

- Do you engage in at least 30 minutes of physical activity per day?
- Does your chosen form of exercise (walking, running, yoga, swimming, etc.) help you feel more relaxed and happy?

Regular exercise not only boosts physical health but also plays a key role in managing stress.

## **Sleep and Rest**

- Do you consistently get 7-8 hours of sleep each night?
- Have you created a calming bedtime routine (e.g., reading, listening to relaxing music, or meditating)?

Quality sleep is crucial for emotional balance and energy restoration.

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## **Healthy Diet**

- Do you follow a balanced diet that includes fruits, vegetables, proteins, and whole grains?
- Have you reduced your intake of caffeine and sugar to avoid triggering anxiety?

What you eat directly affects how you feel, both physically and mentally.

## **Time Management and Prioritization**

- Do you create a daily to-do list or prioritize your tasks?
- Do you give yourself permission to rest and avoid multitasking?

Efficient time management helps reduce pressure and enhances productivity.

## **Social Support**

- Do you spend quality time with friends, family, or colleagues who provide emotional support?
- Have you considered talking to a counselor or psychologist when you feel overwhelmed?

You don't have to go through stress alone-connection is powerful.

## **Mental Techniques**

- Do you practice meditation, yoga, or mindfulness regularly?
- Do you use techniques like journaling or writing down your thoughts to release mental tension?

These methods can help you gain clarity and reduce emotional overload.

## **Are You Ready to Take Control of Stress?**

If you recognize several of these symptoms or feel that stress is interfering with your life, now is the time to make small but meaningful changes. Start with one habit and build from there. Managing stress doesn't require perfection-just consistency, self-awareness, and support.