



# Stress Less

Program Workbook

# Welcome!

You are taking a big step in creating forward movement for your life! The Stress Less program is designed to educate you and show you how to work toward decreasing your stress level. Use this workbook to follow along during the weekly webinars, practice what you are learning, and write down your thoughts

## How to complete the Stress Less program:

1. Complete the survey at the beginning of the program.
2. Complete all six weekly video sessions.
3. Complete the survey at the end of the program.
4. Enjoy your happy, healthy, stress-free lifestyle!

Each of our six weeks together will address a different aspect of healthy sleep habits. Return to this workbook for new information and challenges each week!

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# Week 1: Tell Your Story

What are your reasons for adopting a healthier lifestyle? Why now?

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How do you think having less stress will add value to your life?

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Identify the barriers you face in trying to reduce the amount of stress in your life:

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Summarize your emotions about having less stress:

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## Action Plan:

1. Get started! Log your stress this week (page 4).
2. Have a conversation with a stress manager (page 5).

# Week 1: Stress Log

Use the table below as a guide to create a stress log. Try to pick out the most stressful events of the day, and analyze those in your log. Record what happened, how you reacted and how you felt to notice any patterns.

	What Caused Your Stress?	How did you react?	How did it make you feel?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Notes about this week's stress:

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# Week 2: Take Action

List 5 ways to cope with stress.

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How will you implement one or more of those to cope with your stress?

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What are some barriers you might face in trying to change the way that you cope with stress? How will you overcome those barriers?

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## Action Plan:

1. Get it together! Log your stress this week (page 7).
2. Create a SMART goal for managing stress (page 8).

# Week 2: Stress Log

Use the table below as a guide to create a stress log. Try to pick out the most stressful events of the day, and analyze those in your log. Record what happened, how you reacted and how you felt to notice any patterns.

	What Caused Your Stress?	How did you react?	How did it make you feel?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Notes about this week's stress:

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# Week 2: SMART Goals

No matter how big or small your goal - whether it's feeling more controlled or making more friends - making change requires planning and SMART goals.

Follow these guidelines to setting SMART goals and you'll be surprised at what you can accomplish:

**Specific.** Your goal should be clear and easy to understand.

**Measurable.** A goal to "lose weight" is not enough. How will you track your progress and how you will know when you've reached your goal? Making your goal measurable means adding a number.

**Attainable.** Before you can add a number, you have to know how high or low you want to go. It's good to 'shoot for the stars', but don't be too extreme. Likewise, a goal that is too easy is not very motivating. Only you know your limits.

**Relevant.** Set goals that are important to where you are in your life right now. Don't set a goal that someone else is pressuring you to attain - that isn't very motivating or purposeful.

**Time-bound.** Include a time-line. Knowing that you have a deadline motivates you to get started.

## A few examples:

"I will do one stress relief activity every evening this week."

"I will develop a stress-less routine by doing 10 minutes of yoga before bed this week, and 20 minutes of yoga before bed next week."

"By the end of the year I will have reduced my stress and lowered my blood pressure."

Now create your SMART goal:

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# Week 3: Find Your Tribe

List the 7 steps to building a support system.

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What people in your life can make up your support system?

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## Action Plan:

1. Get it together! Log your stress this week (page 10).
2. Make steps to find and activate your tribe (page 11).

# Week 3: Stress Log

Use the table below as a guide to create a stress log. Try to pick out the most stressful events of the day, and analyze those in your log. Record what happened, how you reacted and how you felt to notice any patterns.

	What Caused Your Stress?	How did you react?	How did it make you feel?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Notes about this week's stress:

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# Week 4: Stress at Work

It's a fact that most American adults spend more time at work than they do with their families. In a recent poll it also stated that work is the place that people find to be the most stressful. By limiting your stress at work you can greatly decrease your overall stress levels.

What are the most stressful parts of your job?

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List the 6 tips for helping with workplace stress. Which will you try at your work?

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## Action Plan:

1. Get it together! Log your stress this week (page 13).
2. Write down what you're committed to this week (page 14).

# Week 4: Stress Log

Use the table below as a guide to create a stress log. Try to pick out the most stressful events of the day, and analyze those in your log. Record what happened, how you reacted and how you felt to notice any patterns.

	What Caused Your Stress?	How did you react?	How did it make you feel?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Notes about this week's stress:

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# Week 5: Avoid Extra Stress

What are some ways you place extra stress on yourself? How can you stop?

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How can better sleep, exercise and nutrition help with your stress levels?

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## Action Plan:

1. Get it together! Log your stress this week (page 16).
2. Write about an experience of past failure (page 17).

# Week 5: Stress Log

Use the table below as a guide to create a stress log. Try to pick out the most stressful events of the day, and analyze those in your log. Record what happened, how you reacted and how you felt to notice any patterns.

	What Caused Your Stress?	How did you react?	How did it make you feel?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Notes about this week's stress:

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# Week 6: Celebrate YOU!



Pat yourself on the back - you've come a long way. Notice that feeling of being rewarded. Your body and brain love it! Success is built on success, so celebrate those successes to create more of them.

What has gone well over the past six weeks?

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What have you achieved that has surprised you?

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What will you do to celebrate, recognize and acknowledge your achievements?

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## Action Plan:

1. Celebrate your success!
2. Get it together! Log your stress this week (page 19).
3. Think about how you'll keep moving forward (page 20).

# Week 6: Stress Log

Use the table below as a guide to create a stress log. Try to pick out the most stressful events of the day, and analyze those in your log. Record what happened, how you reacted and how you felt to notice any patterns.

	What Caused Your Stress?	How did you react?	How did it make you feel?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Notes about this week's stress:

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# Week 6: Moving Forward

Wow, you made it - week six! You have done so much work up to this point. Applaud yourself for all of your efforts.

Now is the time to re-commit to your goals and use the techniques that you have learned during the past six weeks to keep moving forward. From here on out, your mission is to manage your stress every day.



What is the change you are most proud of in the last six weeks?

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Where do you go from here? How can you keep the momentum going?

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Where do you want to be in three months?

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Now, what do you need to make this happen?

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# Congratulations!

You completed the program. Thank you so much for making your life a priority and for sticking with it. You've already taken more action than most people - just finishing this program is no small feat. Acknowledge yourself for all that you've accomplished!



Remember, persistence pays off. The road doesn't stop here; it has only just begun. Use the tools you've learned during these six weeks to continue your success in all aspects of life. Keep up the amazing work that you've started; think of the momentum you've built up and use it to improve your entire life.

