

Stress Management Self-Reflection Exercise

When completing this stress management self-reflection exercise, always ask yourself:

- *Why* am I feeling stressed, anxious, overwhelmed, or worried about this issue?
- Am I thinking about the problem or am I focused on a solution?
- How do I define a healthy, happy, and lasting resolution to this stress?
- Who can I turn to for help?
- What will I do, today, to find a better way?

1. Work Stress

Work provides a means to live; nothing more, nothing less. Take things one day at a time, but always make time for your most important asset: you!

REFLECTION:

2. Family Stress

Regardless of past pain or conflict, family is still family. By showing respect and honoring one another, you are doing all you can to be a positive role model for others.

REFLECTION:

3. Conflict

Unresolved conflicts can deeply affect your sleep, diet, and physical or mental health. Choose peace, even if it means you have to admit your mistakes or make some compromises.

REFLECTION:
