

# Building Resilience – Stress Management

*Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.*

## Relieving Stress

Stress relief helps to reduce feelings of emotional or physical tension. Stress can come from any event or thought that makes you feel frustrated, angry, or nervous due to the release of stress hormones.

### Instructions:

For best results, read through the entire challenge checklist before you begin, and then pencil in each item on your ALD planner for the month. Put a check by each action as you complete them.

**Materials you will need:** Pencil and paper or journal or your phone's notepad. If you can, print this sheet and add it to your ALD Action Planner.

**Goal:** Your goal is to develop a set of stress relief habits. Take 30 days to complete this goal.

**Start date** \_\_\_\_\_

**Completion date** \_\_\_\_\_

- |                          |  |   |
|--------------------------|--|---|
| <input type="checkbox"/> | <b>1. Understanding Stress and Its Impact on Your Body</b> | <b>Action:</b> <u>Listen to this amazing explanation of what stress is</u> from Sharon Horesh Bergquist's TEDTalk.                                    |
| <input type="checkbox"/> | <b>2. Identifying Ways to Relieve Stress</b>               | <b>Action:</b> Read <u>this article and look at the video to learn ways to reduce the effects of stress hormone release</u> . List the ones you like. |
| <input type="checkbox"/> | <b>3. Develop Your Stress Relief Plan</b>                  | <b>Action:</b> Use the Stress Relief Plan worksheet to develop a stress relief routine.   |
| <input type="checkbox"/> | <b>4. Reflect on Lessons Learned</b>                       | <b>Action:</b> Journal, stress impacts my life by...? Stress relievers help me to...?   |

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### Stress Relief Routine Planner Worksheet

**Instructions:** After taking steps 1 and 2, print out this sheet and use this worksheet to develop your stress relief routine. Next, make a list of the stress relievers you found interesting and doable. Decide which days and times you will do each stress reliever. Each day that you do them, put an x in one of the 30-day check in boxes.

PREFERRED STRESS RELIEVERS	BEST TIMES OF DAY TO PRACTICE	30-DAY CHECK IN									
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