



CLASS 4 | DE-STRESS YOURSELF

Worksheets

Use the following worksheets to foster discussion around lifestyle strategies for keeping everyday stress in balance. Select which worksheets to use for the class and provide the rest as handouts.

- **“How Vulnerable Are You to Stress?”** This scale assesses a person’s tendency to feel stress.
- **Holmes-Rahe Stress Inventory.** The Holmes-Rahe Stress Inventory is a “gold standard” in stress assessment.
- **Stress-Related Complaints.** This is a list of complaints that have been linked to chronic stress.
- **“What Stresses You Out?”** This worksheet helps participants identify major stressors that impact their ability to function well on a regular basis.
- **Lifestyle Strategies for Reducing Stress.** This list of commonly used stress reduction strategies offers points for class discussion for keeping everyday stress in balance.
- **Your De-Stress Plan.** This worksheet fosters the creation of a plan for better managing stress.

Use this worksheet to teach the BRAKES Strategy which is the exercise for this class.

- **Put on the “BRAKES”.** Teach this strategy for dealing with a stressful situation in the moment; you may also give the worksheet as a handout to your class.

Use the following worksheets as handouts your students can use to practice additional methods of reducing stress outside of the one taught in the class.

- **Breathe Deep.** This very simple “de-stress” exercise is readily accessible.
- **Breathe Into Your Heart.** This is a simple and lovely visualization strategy for stress reduction.

Resources

- American Institute of Stress (www.stress.org). This site offers helpful information and resources for teaching stress management.
- [Stress Management Strategies.](#) This list provides an overview of effective stress management strategies. The suggestions offered include various techniques for controlling tension.
- [Adult Stress—Frequently Asked Questions \(NIH\).](#) A handout provided by the NIHMH outlines the effects that stress has on one’s health. There are also coping strategies offered.