



debra@flippingfifty.com

Social:@flipping50tv

StressToolbox Worksheet

Stress is personal, specific, and individual. For each kind of stressor, you encounter you may need a different tool to fix it. You don't need stitches for a mosquito bite. You might need an ice pack for a swollen ankle.

Take time to identify your biggest stressors right now. Then choose from the list of ideas and expand to create your own list of stress Rx. The idea is to reduce stress by including stress coping activities before you're bleeding.

What are your biggest sources of stress? (Be specific)

1. _____
2. _____
3. _____
4. _____
5. _____

Write down one thing for each of those stressors that would help reduce, eliminate or balance it:

1. _____
2. _____
3. _____
4. _____
5. _____

Circle any of the items in this list that appeal to you. Add your own set of hobbies, rituals, or activities to it.

- Listening to music
- Meditation
- Nature walking/Forestbathing
- Photography
- Painting, drawing or other artistic hobby
- Exercise, dancing
- Time with friends
- Time with a pet
- Getting away regularly (min-vacation)
- Private time with a partner

Make an effort to include regular stress reducers in your schedule. You can improve your ability to cope with stress (cortisol) if you're elevating your dopamine, serotonin and oxytocin regularly.