

LESS STRESS MORE REST



STRESS IS AN INEVITABLE PART OF LIFE.

We all feel the effects of stress throughout the waves of life, but we can take the necessary steps to develop coping mechanisms to thereby reduce stress, improve sleep, prevent disease, and live our healthiest happiest lives!

Stress Coping Tactics:

- Meditation
- Speak a Stress-Free Language
- Saying "No"
- Clear Clutter
- Brain Dump
- Nature Bathing
- Unplug on a regular basis
- Take rejuvenation breaks
- Connect with others
- Prioritize movement
- Nourish your body
- Get creative
- Use sound or silence
- Laugh

Use this worksheet to plan your strategy to implement the next time stress invades.



STRESS TACTICS I HAVE TRIED IN THE PAST:



NEW STRESS TACTICS I'D LIKE TO TRY:

SLEEP JOURNAL FOR ONE WEEK:

MONDAY: _____ HOURS

TUESDAY: _____ HOURS

WEDNESDAY: _____ HOURS

THURSDAY: _____ HOURS

FRIDAY: _____ HOURS

SATURDAY: _____ HOURS

SUNDAY: _____ HOURS



ONE ACTION ITEM I CAN ADD TO MY NIGHTTIME ROUTINE TO IMPROVE MY SLEEP: