

## EXERCISE 3

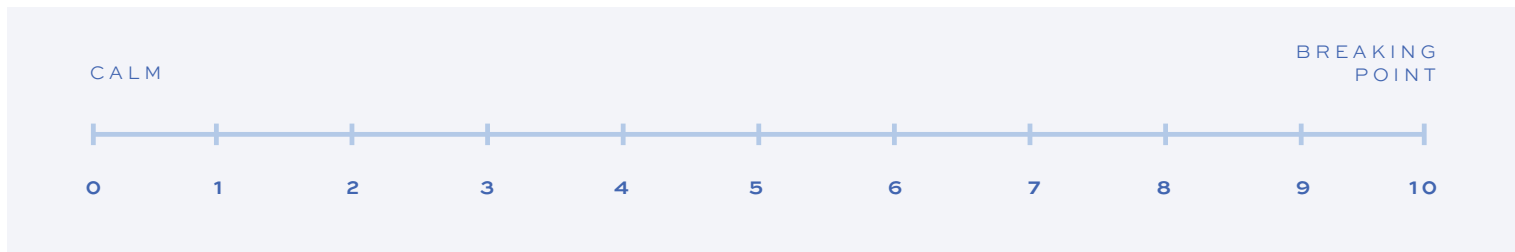
# Stress and you

### **Stress: the enveloping side-effect of the modern world.**

Stress is physically and emotionally impactful. At times it can be hard to articulate what we feel stressed about and why. This exercise is designed to shine a spotlight on your stress response. Keep your responses to these questions tucked away in your self-awareness.

How stressed are you right now? (from 1 to 10, 10 being at absolute breaking point).

Note: this may be a hard question to answer if you are in the initial stages of grief. Try to follow the Mindfulness exercise (see page 24) to immerse and connect with where you find yourself today.



Often stress exhibits itself in behaviour that doesn't look like stress (disengagement, withdrawal, avoidance, confusion, risk aversion, low achievement).

How are you currently managing your stress? Be honest. If it's not being managed, note that down too.

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What are your long-term preventative stress management strategies?

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What do you know what helps you to fill your 'well'? Your 'well' is a never ending vessel where these actions, thoughts or intentions can be stored to build your capacity to cope with stress in the future. Some examples might be exercise, journalling, yoga, gardening.

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How might you release the stress you are feeling? Where is stress sitting in your body?

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How might you process your trauma and memories? There are many modalities available to work trauma and grief through your body. Some ideas are: yoga, meditation, running or exercise, music or art therapy, counselling, journalling, massage therapy etc.

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What can you commit to in terms of self-care? How often?

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