



CLASS 4 | DE-STRESS YOURSELF

Worksheets

- **“How Vulnerable Are You to Stress?”** Developed by psychologists at Boston University Medical Center, 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 health complaints that have been linked to chronic stress.
- **“What Stresses You Out?”** This worksheet helps participants identify three 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.
- **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.
- **Breathe Deep.** This very simple “de-stress” exercise is readily accessible and a terrific method to teach in class. The worksheet can also be used as a handout.
- **Breathe Into Your Heart.** This is a simple and lovely visualization strategy for stress reduction. It is an easy method to teach in class, and you may also use the worksheet as a handout.
- **Your De-Stress Plan.** Use this worksheet to guide your group through creating a plan for better managing stress. You may also use the worksheet as a handout.

Resources

- **American Institute of Stress (www.stress.org).** This site offers helpful information and resources for teaching stress management.
- **[Stress Management Strategies.](#)** This list, assembled by ADAM medical encyclopedia, provides an overview of effective stress management strategies. The suggestions offered include physical and emotional techniques for controlling tension.
- **[Adult Stress—Frequently Asked Questions \(NIH\).](#)** A handout provided by the National Institute on Mental Health provides a definition of stress and outlines some of the effects that stress has on the body and one’s health. There are also coping strategies offered.