

Relax!

Are you under a lot of stress? How do you relax when you begin to feel run-down or anxious? Take a moment to answer the questions below and then take turns sharing your answers with your group.

1. The best way to get me tense or upset is to:

- | | |
|--|--|
| <input type="checkbox"/> make me late for something | <input type="checkbox"/> hide something I need |
| <input type="checkbox"/> make me navigate a bureaucracy | <input type="checkbox"/> put me in a line or traffic |
| <input type="checkbox"/> be betrayed by friends or coworkers | <input type="checkbox"/> give me too much work |
| <input type="checkbox"/> take me for granted | <input type="checkbox"/> get in trouble at school |
| <input type="checkbox"/> overdraw my checking account | <input type="checkbox"/> other: _____ |

2. When I get tense, tired or upset, my first response is to :

- | | | |
|--|--|--|
| <input type="checkbox"/> become angry | <input type="checkbox"/> get drunk | <input type="checkbox"/> cry |
| <input type="checkbox"/> bite my nails | <input type="checkbox"/> eat, eat, eat | <input type="checkbox"/> smoke |
| <input type="checkbox"/> drive fast | <input type="checkbox"/> withdraw | <input type="checkbox"/> panic |
| <input type="checkbox"/> get tense shoulders | <input type="checkbox"/> feel sick | <input type="checkbox"/> get impatient |
| <input type="checkbox"/> go shopping | <input type="checkbox"/> mistreat others | <input type="checkbox"/> other: _____ |

3. One thing that helps me relax is to:

- | | | |
|--|---|--|
| <input type="checkbox"/> listen to music | <input type="checkbox"/> buy myself flowers | <input type="checkbox"/> pray |
| <input type="checkbox"/> talk to a friend | <input type="checkbox"/> take a walk | <input type="checkbox"/> play with my pet |
| <input type="checkbox"/> get a massage | <input type="checkbox"/> make a list | <input type="checkbox"/> work out |
| <input type="checkbox"/> work in the yard | <input type="checkbox"/> play with a little kid | <input type="checkbox"/> do a hobby: _____ |
| <input type="checkbox"/> read a helpful book | <input type="checkbox"/> write it in my journal | <input type="checkbox"/> other: _____ |

4. This week, to relax I am going to:

Signature _____