

## Stress worksheet

Stress response is a normal reaction to threatening situations,

We needed it in the past to help us survive threats like an animal attack or a flood.

Today, we do not have to deal with these dangers, but we have other things in our daily life can set off the stress response.

Its difficult to avoid stress, as its part of being human. But we can develop healthier ways of responding to them.

### Things to help:

- Breathing (breath in for 4, hold 2, breath out for 6)
- Think about safe place or memory and try to concentrate on it.
- Positive mantra
- Listening to soothing or relaxing sounds i.e., rain, birds, classical music.
- Practise self-care

What makes me stressed	What do a do when I am stressed	What could I do to calm my stress response?

