

Stressor/s	Stress Rating	what you did to help manage your stress levels	Stress Rating

Score stress levels using on a rating scale of 1 -10 where 10 is the highest and when you are feeling really stressed and 1 is when your stress levels are lowest and you are feeling in control and calm.

## Stress Management Techniques

<p><b>Distraction</b> - techniques that help to take your mind off of your worries.</p>	<p>Puzzles, games, creative hobbies, tv programmes, watching movie, reading a book or magazine, chatting to friends, going for a walk,</p>
<p><b>Reframing</b> - techniques that help you to view your situation in a more positive light.</p>	<p>CBT techniques (e.g. thought records), talking to a professional, talking to a friend or loved one, calling a helpline, positive affirmations</p>
<p><b>Healthy Emotional Release</b> - activities that allow you the opportunity to express your feelings.</p>	<p>Creative hobbies, sport and exercise, poetry, letter writing, music, crying, squeezing stress ball, ripping up paper, recycling glass bottles at bottle bank, art</p>
<p><b>Self Care and self compassion</b>- techniques that involve taking care of yourself and showing yourself kindness</p>	<p>Pampering, healthy eating, positive affirmations, exercise, sleep, being assertive and setting boundaries, complementary therapies, taking medication as it is prescribed, asking for help, getting outdoors and in sunlight</p>
<p><b>Self Soothing</b> - activities that comfort and sooth the mind and body.</p>	<p>Stroking pet, getting a hug, warm bath, putting on comfortable clothing, soft toys, warm drinks, deep breathing exercises, complementary therapies,</p>
<p><b>Relaxation</b> - techniques that help to slow breathing and heart rate and make you feel calmer.</p>	<p>yoga, deep breathing, tai chi, meditation, mindfulness, complementary therapies, napping, warm baths, gentle music, tense and release exercises, fishing, visiting park or nature reserve, caring for pets</p>
<p><b>Meaningful Occupation</b> - practical activities that have meaning to you.</p>	<p>doing a little bit of housework, volunteering, carrying out kind acts for others, attending groups, fund raising, working, studying, writing a letter, gardening, caring for a pet,</p>

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