

## Examining Strategies for Stress Relief

Different behaviors can have a big impact on your health, wellbeing, and stress levels. Below is a list of these kinds of behaviors. Most people use a combination of “unhelpful” and “helpful” strategies from time to time. The most helpful strategies may also depend on the specific situation. Check the boxes that apply to you.

<b>Stress Relief Strategies</b>					
When you are stressed, do you:	Yes	No	When you are stressed, do you:	Yes	No
Smoke / Use Tobacco	<input type="checkbox"/>	<input type="checkbox"/>	Exercise	<input type="checkbox"/>	<input type="checkbox"/>
Drink a lot of coffee	<input type="checkbox"/>	<input type="checkbox"/>	Get 6-8 hours of sleep	<input type="checkbox"/>	<input type="checkbox"/>
Use substances, like alcohol	<input type="checkbox"/>	<input type="checkbox"/>	Eat healthy foods	<input type="checkbox"/>	<input type="checkbox"/>
Spend too much money	<input type="checkbox"/>	<input type="checkbox"/>	Make time to relax	<input type="checkbox"/>	<input type="checkbox"/>
Watch too much TV	<input type="checkbox"/>	<input type="checkbox"/>	Engage in positive thinking	<input type="checkbox"/>	<input type="checkbox"/>
Have angry outbursts	<input type="checkbox"/>	<input type="checkbox"/>	Spend time with family	<input type="checkbox"/>	<input type="checkbox"/>
Withdraw from people	<input type="checkbox"/>	<input type="checkbox"/>	Spend time with friends	<input type="checkbox"/>	<input type="checkbox"/>
Ignore or deny stress	<input type="checkbox"/>	<input type="checkbox"/>	Breathe deeply	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	Other: _____	<input type="checkbox"/>	<input type="checkbox"/>
<b>These are typically <u>unhelpful</u> strategies for stress relief.</b>			<b>These are typically <u>helpful</u> strategies for stress relief.</b>		