

THE MASTER KEY TO MANAGING STRESS

The Art & Science of Stress Reduction in Times of Change

the Masters Course™

WORKSHEET

WHAT IS YOUR GOAL?

5 AREAS OF WELL-BEING



FINANCIAL

Budgeting/Spending
Emergency Fund
Freedom to Enjoy Life
Being on Track with Goals
Investing in Future



PHYSICAL

Sleep
Eating
Exercise
Relaxation
Stress Management



SENSE OF PURPOSE

Intrinsic Motivation
Achievement Orientation
Clear Values
Vision of Good Future
Meaningful Life



SOCIAL

Personal Needs Met
Safety
Support
Healthy Relationships
Community Involvement



CAREER SATISFACTION

Meaningful Work
Good Relations
Work-Life Balance
Career Development
Job Security

1 WHY REDUCE STRESS?

2 HOW IS STRESS AFFECTING YOU NOW?

Please refer to the 5 Areas of Well-being:

3 WHAT IS THE COST OF STAYING THE SAME?

Please refer to the 5 Areas of Well-being:

4 WHAT WOULD YOU LIKE TO YOUR LIFE TO BE LIKE?

5 HOW WILL YOU MEASURE YOUR PROGRESS?

Where are you NOW? (1-10) Check all that apply:

- Financial _____ Social _____
 Physical _____ Career Satisfaction _____
 Sense of Purpose _____

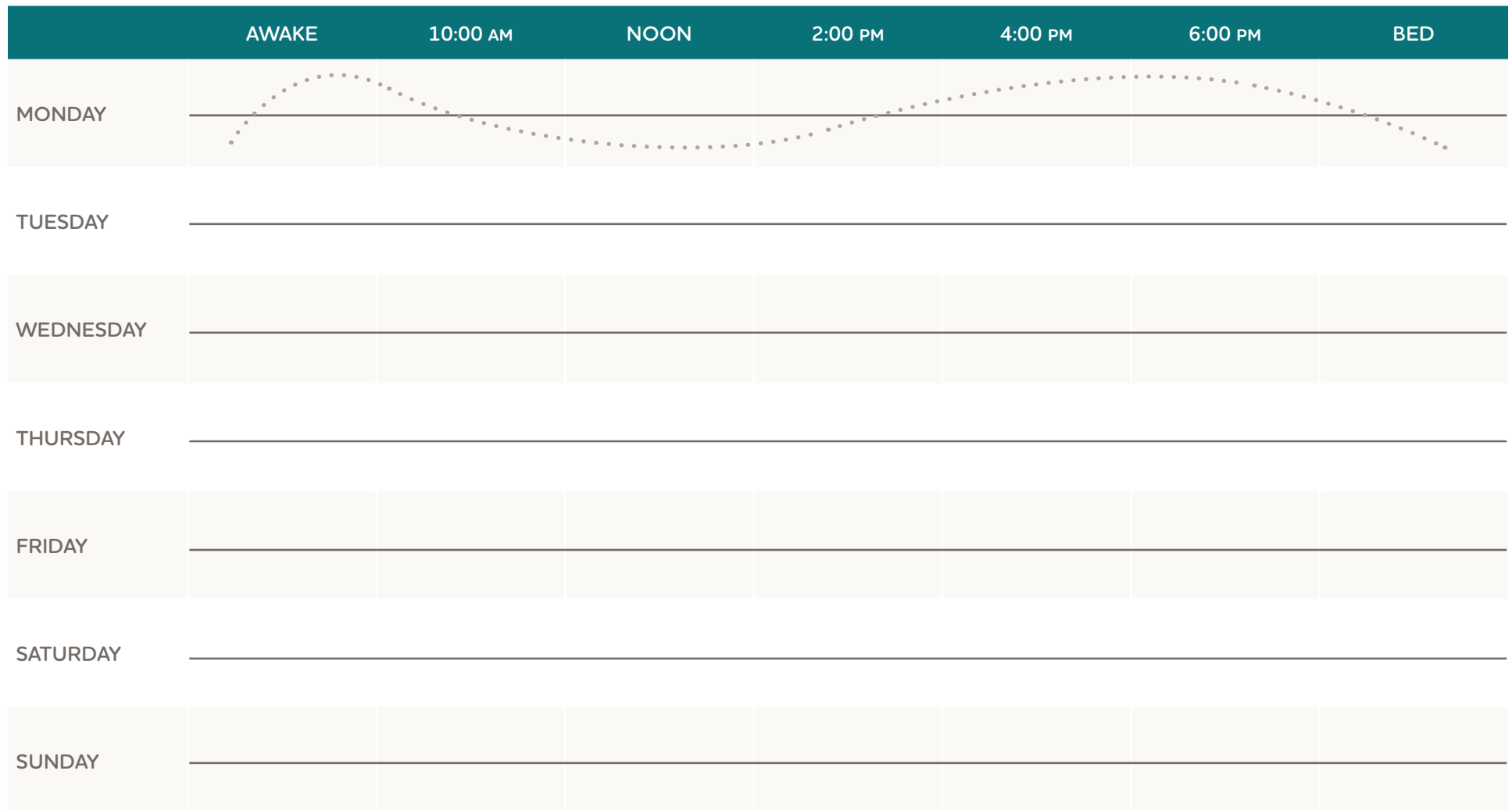
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STRESS LOAD & LENS



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STRESS PROFILE



TRIGGER	REACTION	Rx	DATE	REVIEW DATE

S.W.A.T.

Slow Down & Stop - **W**hat is your Why - **A**sk & Allow - **T**ry or Take a Break from Trying

1 HOW CAN I SLOW DOWN?

List examples (*Go for a walk, Observe your breath, Take a break*)

HOW WILL THIS AFFECT MY GOAL?

2 WHAT IS MY WHY – WHAT DO I WANT MORE THAN ANYTHING?

List examples (*What do you value? What is most important to you? Why is this important? How do you want others to see you?*)

WHY?

S.W.A.T.

Slow Down & Stop - **W**hat is your Why - **A**sk & Allow - **T**ry or Take a Break from Trying?

3 ASK & ALLOW – WHO AM I ASKING?

List examples of how you ask into allow (*Mediation, nature, exercise, doing something you enjoy, breathe*)

4 TRY OR TAKE A BREAK FROM TRYING? – WHAT FEELS RIGHT? MAKE A TOTAL COMMITMENT TO DOING THIS DAILY?

List examples of how you can do this (*Determine when you can do this. What you can change, how you best problem solve, brainstorm, learn more, ask for others insights, make a plan, Take an intelligent action.*)

WHAT DO YOU NEED TO DO?

100+ WAYS TO REDUCE STRESS

INTERVENTION TOOLKIT

1. Mindfulness
2. Meditation
3. Physical activity
4. Nutrition therapy
5. Sound therapy
6. Music therapy
7. Massage
8. Body work
9. Art therapy
10. Improv
11. Drama
12. Comedy
13. Humor
14. Laughter
15. Spiritual practice
16. Prayer
17. Pets
18. Equine therapy
19. Nature
20. Eco therapy
21. Heart rate variability
22. Breath
23. Visualization
24. Doodling
25. Tinkering
26. Dabbling
27. Aromatherapy
28. Emdr (eye movement)
29. Tms magnetic
30. Electrotherapy
31. Neurofeedback
32. Social interaction
33. Intentions
34. Mantra
35. Unfocusing attention
36. Contribution
37. Volunteering
38. Attention training
39. Gratitude
40. Joy practice
41. Contemplation on meaning
42. Contemplation on purpose
43. Mentoring
44. Creative projects
45. Nap
46. Take a walk
47. Give a big hug
48. Sing in the shower
49. Take up knitting
50. Have sex
51. Kiss a loved one
52. Progressive muscle relaxation
53. Chocolate meditation
54. Forgive someone
55. Turn off your phone
56. Smile at someone
57. Have a good cry
58. Do yoga
59. Acupuncture
60. Eat oatmeal
61. Walk the walk – get in integrity
62. Say no
63. Think positive thoughts
64. Float in water
65. De-clutter your desk
66. Focus on one task at a time
67. Try laughter yoga
68. Quit a bad habit
69. Spend time with someone you love
70. Embrace aging
71. Ignore your boss while on vacation
72. Share a meal with a friend
73. Brush your hair
74. Do something kind for someone else
75. Close your eyes
76. Let out a deep sign
77. Let out a primal scream
78. Take a break from social media
79. Take a bike ride
80. Step away from work
81. Look out a window
82. Stare at the color blue
83. Make a silly face
84. Count to 10 backward
85. Play with play doh
86. Go for a run
87. Color a picture
88. Use your imagination
89. Eat lunch away from your desk
90. See a therapist
91. Spend time in the sun
92. Stop and breathe
93. Focus inward on sensation
94. Stretch
95. Wiggle your body
96. Listen to nature sounds
97. Go for walk in the rain
98. Concentrate on sincerity for yourself
99. Embrace your growth
100. Let go, surrender

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LONG-TERM CHANGE – GOAL TRACKER

WEATHER REPORT (1-10 scale)

MIND

BODY

SUCCESS INGREDIENTS

1

2

3

DAILY ACTIONS (Y/N)

1

2

3

4

5

6

7

8

9

10

PROGRAM GOAL (% of target)

10 DAY REWARD

28 DAY REWARD