

# Week # 7: DE-STRESS

**Resources:** E-book: *7 Simple Ways to Get your Mind in a Better Place* by Jenn Benson  
**Website:** [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) for quiz & helpful information

## STEP# 1: DEFINE YOUR TRIGGERS

What stresses you out? Sometimes, we may not even know what gets your insides all tied up in knots! Think of the times when you are most stressed and write down your "triggers". These are the things that even when you think about them, you start to feel anxious inside. Remember, building awareness is key! Start with three things:

**Things that stress me out (triggers) are:**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## STEP # 2: TRY A FEW DE-STRESS TECHNIQUES (a.k.a coping mechanisms)

When you focus on what you CAN control, you all of the sudden feel a sense of ease. What can you control when triggers occur? Experiment with your "go to" de-stress technique. This is something you can do to help relieve stress that is in your control. List a few that you want to try (see examples below for some ideas).

**The de-stress technique(s) that I would like to try are:**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

Here are some de-stress suggestions:

**EXERCISE:** Move. Dance. Shake. Movement is PROVEN to relieve stress.

**JOURNAL:** Need to go on a rant? Write about it! Your journal will always listen.

**BE STILL:** Sit in silence for 5-10 minutes.

**MEDITATE:** Try apps like *Calm* or *Headspace* if you are a beginner or just sit and pray.

**SHIFT PERSPECTIVE:** Is there a way you can shift perspective to less stressful a more growth-minded experience? Remember, we are dealing with energy and how we react to it is our choice. Nervous or excited? Happy or sad? You get to decide.

**BREATHE DEEP:** Try breathing in through your nose and out through your mouth for as many breaths as you want. Try apps like calm or *Breathe2Relax* to explore this relaxation technique.

**SLEEP SOUND:** Try going to bed 10 minutes earlier than usual, turning off electronics an hour before bed, using a sound machine, drinking a warm water/sleepy tea before bed, or try the *Calm* app to read you a bedtime story. Sleep deprivation causes lots of distress.

**BE GRATEFUL:** You can journal what you are grateful for, send a hand-written thank you note to someone, or call someone and tell them how much you appreciate them. You can't be stressed and thankful at the same time!

**FIND SUPPORT:** Invest in a professional that can help. Go to a workshop or seminar, have an open conversation with someone you trust, give to a cause. Don't be afraid to ask for help and explore your resources.

### **STEP # 3: SHARE & JOURNAL IT!**

Share in the group , because we love to hear all about your experience! In your journal, record DAILY what you chose as your de-stress technique and how it made you feel. Journaling helps us become self-aware and helps us notice patterns.

# WEEK # 7 CHECKLIST



	M	T	W	TH	F	S	SU
Journal	_____	_____	_____	_____	_____	_____	_____
NEAT	_____	_____	_____	_____	_____	_____	_____
Self-Compassion	_____	_____	_____	_____	_____	_____	_____
Functional Move	_____	_____	_____	_____	_____	_____	_____
Mindset	_____	_____	_____	_____	_____	_____	_____
Exercise	_____	_____	_____	_____	_____	_____	_____
De-Stress	_____	_____	_____	_____	_____	_____	_____