



the ultimate U challenge

Releasing
Stress

How Do You Experience Stress?

How do you experience stress? Complete the following checklist to become more aware of how your body responds to stress, and how you behave in response to stress.

PHYSICAL SYMPTOMS	
<p>Musculoskeletal Symptoms</p> <p><input type="checkbox"/> Tension headache</p> <p><input type="checkbox"/> Orofacial pain: teeth grinding and TMJ</p> <p><input type="checkbox"/> Upper back and shoulders (neck – “traps”)</p> <p><input type="checkbox"/> Lower back</p>	<p>Immune System Symptoms</p> <p><input type="checkbox"/> GI symptoms: IBS, colitis</p> <p><input type="checkbox"/> Allergies: respiratory, bronchial, dermatological</p> <p><input type="checkbox"/> Autoimmune symptoms – rheumatoid arthritis, lupus, thyroid.</p> <p><input type="checkbox"/> Immune related fatigue – chronic exhaustion and fatigue; fibromyalgia</p> <p><input type="checkbox"/> Loss of appetite</p> <p><input type="checkbox"/> Continual colds and flus</p> <p><input type="checkbox"/> Weight changes (gain or loss)</p>
<p>Cardiovascular/Cerebrovascular Symptoms</p> <p><input type="checkbox"/> Hypertensive headache</p> <p><input type="checkbox"/> Shortness of breath</p> <p><input type="checkbox"/> Chest discomfort, angina</p> <p><input type="checkbox"/> Dizziness, sweating</p> <p><input type="checkbox"/> Difficulty remembering and recalling</p> <p><input type="checkbox"/> “Mental fog”</p> <p><input type="checkbox"/> Difficulty concentrating, confusion</p>	<p>Sleep Symptoms</p> <p><input type="checkbox"/> Difficulty falling asleep</p> <p><input type="checkbox"/> Difficulty staying asleep</p> <p><input type="checkbox"/> Non-restorative sleep (still feel tired in the morning)</p> <p><input type="checkbox"/> Nightmares</p>
EMOTIONALS SYMPTOMS	
<p><input type="checkbox"/> Depression</p> <p><input type="checkbox"/> Feel powerless, helpless and/or apathetic</p> <p><input type="checkbox"/> Overall feeling negative</p> <p><input type="checkbox"/> Irritable, defensive</p> <p><input type="checkbox"/> Feel unappreciated</p> <p><input type="checkbox"/> Unable to enjoy life</p>	

“Renew your body—reclaim your life.”



What Triggers Your Stress Symptoms?

Using the scale below, rate the degree of negative impact on your wellbeing you experience in response to the following common sources of stress.

Slight Negative Impact			Moderate Negative Impact				Extreme Negative Impact		
1	2	3	4	5	6	7	8	9	10

COMMON SOURCES OF STRESS	
<p>Situations</p> <ul style="list-style-type: none"> <input type="checkbox"/> Deadlines <input type="checkbox"/> Competing priorities (feel overwhelmed) <input type="checkbox"/> Interviews; work meetings <input type="checkbox"/> Public speaking <input type="checkbox"/> Fears <input type="checkbox"/> Certain environments <input type="checkbox"/> Crowds <input type="checkbox"/> Phobias 	<p>Relationships</p> <ul style="list-style-type: none"> <input type="checkbox"/> Spouse <input type="checkbox"/> Parents <input type="checkbox"/> Children <input type="checkbox"/> Other Family <input type="checkbox"/> Boss / Superior(s) <input type="checkbox"/> Colleagues <input type="checkbox"/> Other
<p>Emotional Stressors</p> <ul style="list-style-type: none"> <input type="checkbox"/> Worry <input type="checkbox"/> Depression <input type="checkbox"/> Anxiety <input type="checkbox"/> Anger <input type="checkbox"/> Irritability <input type="checkbox"/> Resentment 	<p>Weight Related</p> <ul style="list-style-type: none"> <input type="checkbox"/> weight gain, getting on the scale <input type="checkbox"/> overeating (“messaging up”) <input type="checkbox"/> eating with others / dining out with friends <input type="checkbox"/> asking for food modifications (fear social punishment/feeling judged) <input type="checkbox"/> eating healthful foods in front of others (fear this is a sign to others that “I have a weight problem.”) <input type="checkbox"/> getting dressed in the morning <input type="checkbox"/> clothes shopping <input type="checkbox"/> bathing suits <input type="checkbox"/> mirrors, photographs <input type="checkbox"/> parties (fear of not knowing what will be there that I can eat, and not knowing if I can control myself) <input type="checkbox"/> pressure from others to lose weight

“Renew your body—reclaim your life.”



the ultimate U challenge

Releasing Stress

How Do You Cope with Stress?

Awareness is always the first step to change. Building a toolbox full of life-affirming responses to stress starts by assessing our current responses and identifying opportunities for improvement. Below is a *list of some common coping responses. On a scale of 1 to 10, how often do you respond to stress in each way? (0 = Never; 2 = almost never; 4 = sometimes; 6 = often; 8 = almost always; 10 = always)

COPING RESPONSE	Rating	COPING RESPONSE	Rating
I ignore my own needs and just work harder and faster.		I seek out friends for conversation and support. (<i>Social support</i>)	
I eat more than usual.		I go for a walk, workout, stretch, do yoga or engage in some other form of “just right” physical activity. (<i>Physical activity; time in nature</i>)	
I get irritable and take it out on those around me.		I take a little time to relax, breathe and unwind. (<i>Time in: deep breathing; meditation; guided imager; yoga, stretching; time in nature</i>)	
I smoke a cigarette or drink a caffeinated beverage		I confront my source of stress and work to change it. (<i>Tapping, Journaling, Reframing; Talking it out</i>)	
I withdraw emotionally and just go through the motions of my day.		I change my outlook on the problem and put it in a better perspective. (<i>Tapping, Rule of 10's Journaling, Reframing, Gratitude List</i>)	
I sleep more than I really need to or do a lot less than usual.		I take some time off and get away from my working life. (<i>Down time / Play time / Time in nature</i>)	
I go out shopping and buy something to make myself feel good.		I joke with my friends and use humor to take the edge off. (<i>Social support / Play time</i>)	
I drink more alcohol than usual.		I get involved in a hobby or interest that helps me unwind and enjoy myself. (<i>Down time / Play time / Flow</i>)	
I take medicine to help me relax or sleep better.		I maintain a healthy diet including blood sugar balancing snacks and meals spaced every 2 – 3 hours. (<i>Reduce sources of internally generated stress through good nutrition</i>)	
I just ignore the problem and hope it will go away.		I practice deep breathing, tapping; I spend time in nature, pray, meditate, or enhance my spiritual life. (<i>Time in</i>)	
I feel anxious; worry about the problem and am afraid to do something about it.		I try to focus on the things that I can control and accept the things I cannot. (<i>Tapping, Journaling, Reframing</i>)	
I want to do it all alone; withdraw from social situations and dwell on my bad feelings.		I seek out help from a wise friend/family member, mentor, counselor, coach or spiritual advisor. (<i>Social support</i>)	
I am more submissive than usual; don't stand up for myself; feel weak; helpless		If I'm tired, I nap or go to sleep. (<i>Recovery</i>)	
TOTAL SCORE		TOTAL SCORE	

*Adapted from *The Relaxation & Stress Reduction Workbook, 6th Ed* by Davis, Eschelman, McKay.

“Renew your body—reclaim your life.”

3