

Exercise: Creating a Personal Stress-Relief Plan

Welcome to an enriching exercise that is geared towards nurturing your ability to combat stress with grace and resilience. At Debra Stevens Training & Coaching, we are committed to providing you with tools that are both effective and personally enriching.

Objective:

To craft a personalised, practical stress-relief plan that acts as a go-to guide for managing stressful moments and periods in life.

Instructions:

1. Identifying Stress Triggers:

- Note down situations or activities that often stir stress or anxiety in you.
- Try to be as specific as possible.

2. Assessing Stress Responses:

- Reflect on how you generally respond to stress, both physically and emotionally.
- This can include feelings of overwhelm, irritation, fatigue, or even specific physical symptoms.

3. Researching Coping Mechanisms:

- Investigate various stress-relief methods such as meditation, physical exercise, or engaging in a hobby.
- Make a list of those that resonate with you.

4. Developing a Go-To Strategy List:

- Based on your research, create a list of strategies that you would like to try or have found effective.
- Ensure these strategies are varied and adaptable to different stressful scenarios.

5. Scheduling Regular Check-Ins:

- Schedule times to regularly review and update your plan, ensuring its effectiveness and relevance.
- Make necessary adjustments based on what is and isn't working.

Reflection and Action:

Reflect on the completion of each section, ensuring that your plan feels both manageable and effective. Commit to trying out your strategies, being mindful of their impact and usefulness in managing and alleviating stress.