

Stress Reduction Worksheet

Stress is such a normal part of our lives we sometimes don't realize how much stress effects us, or that we even are stressed.

After menopause the changes in our hormones can make stress harder to cope with.

Here are a few questions to consider when it comes to stress:

Do you have trouble falling asleep or staying asleep?	
Do you feel tightness in the neck or shoulders?	
Do you eat when you feel stressed out?	
Do you consume alcohol as a way to relax?	
Do you suffer from high blood pressure?	
Do you often feel agitated, angry or frustrated?	
Do you get frequent headaches?	

If you answer yes to some of these questions you are likely suffering from the effects of stress.

If you like you can take a test to determine how stressed you are: <http://www.stress.org.uk/individual-stress-test/>

Habit for this week

This week we want to look at ways you can reduce stress. If you are finding that adding exercise has already started to help, then that might be all you need to do.

If you think you need something more, when it comes to stress, then try to spend at least 10 minutes every day on one of these. Check out the Resource Guide for help with these options.

- Relaxation exercise
- Body scan (starting at the head or toes, scan each area of your body, noticing tightness, or other feelings, or use a recording for this)
- Meditation (do this on your own or use a guided meditation)
- Yoga (take a class, use a video or app)
- Walking in nature

What is your habit for the week?

Of course you want to keep going with the habits from the earlier modules.