

Transcript of “Is your lifestyle causing you stress?”

The way you live your life can have a big impact on your health, well-being, and how well or poorly you handle stress. Below are lifestyle behaviors that affect stress levels. Please check the boxes that apply to you. Doing an honest assessment of how well or poorly you take care of yourself can help you manage stress in the future.

Alt Text: Table labeled “Lifestyle Behaviors” divided into two columns.

Column one asks “when you are under stress do you:” Determine if you answer yes or no to any of the following behaviors:

- Smoke/use tobacco
- Drink a lot of coffee or caffeinated drinks (more than 2-3 cups per day)
- Drink alcohol (more than recommended levels of 1-2 per day)
- Overuse over-the-counter medications
- Overeat or under eat
- Spend too much money (e.g., do you have a lot of credit card debt and have trouble making payments?)
- Abuse/overuse tranquilizers or other over-the-counter medications
- Watch too much television (more than 3-4 hours per day)
- Have angry outbursts
- Take illegal drugs
- Withdraw from people
- Ignore or deny stress symptoms
- Engage in self-destructive relationships

The bottom of column one states “These are negative self-care behaviors.”

Column two asks “when you are under stress do you:” Determine if you answer yes or no to any of the following behaviors:

- Engage in physical activity at least three times a week for 30 minutes each day.
- Get six to eight hours of sleep every night
- Maintain good eating habits
- Make time to relax
- Maintain a sense of humor
- Play
- Maintain healthy rituals and routines
- Be optimistic. Engage in positive thinking
- Spend time with family
- Spend time with friends
- Make plans for the future
- Figure out ways to manage stress
- Reward yourself for your accomplishments

The bottom of column two states “These are positive self-care behaviors.”

(Sources: Unknown)