

by BARBARA BIRKE

STRESS AWARENESS QUESTIONS

Let's review the stress in your life, how you deal with it and how you take care of yourself. Awareness is the first step to figuring out, if you would like to shift a few things to support yourself better.

tter	
1.	How is your current stress level? What do you perceive as stressful? Are you stressed in general or are there certain days or circumstances in your week that are more stressful?
2.	How do you respond to your stress? Do you have certain default behaviours that make you feel better? Are they good for you/protecting your strong? Or more the opposite?

3. How could you be healthily selfish and take good care of yourself – especially in times of stress. Come up with three strategies that you will try in the stressful situation you identified in question 1.