

## **OPTIMAL STRESS REDUCTION and WELL-BEING**

- 1. I do something every day to relax Y N**
- 2. I use positive ways to relax versus “Escape mechanisms”  
Y N**
- 3. I have on the spot ways to address stress- EX- deep  
breathing, aromatherapy, movement Y N**
- 4. My body knows what it feels like to be relaxed and calm Y  
N**
- 5. I practice effective ways to calm my mind when worried or  
over thinking Y N**
- 6. I practice saying NO to other’s requests, when I am  
stressed and need a break Y N**
- 7. I’m aware when I am stressed and what my body/mind  
needs Y N**
- 8. I practice some form of gratitude each day Y N**
- 9. When in need, I ask for help from others Y N**
- 10 I practice some form of meditation and/or breath work  
daily Y N**
- 11 I believe I deserve to be relaxed and at peace Y N**
- 12. I intentionally focus my attention on the positive  
experiences throughout the day Y N**

**13. I practice acts of kindness and/or helping others in need —when I have the resources Y N**

**14. I practice some form of stillness every day Y N**

**15. I DO NOT overwork or over-exercise -and cultivate a balance between effort and rest Y N**

**16 I laugh every day Y N**

**17 I experience joy and or a sense of abundance on a regular basis Y N**

**18. I connect to nature on a regular basis Y N**