

THE ANTI-STRESS LIST

While stress is a normal part of life, we need to have strategies to manage it both for our health as well as the our enjoyment of our lives.

The qualities listed below in green are the opposite of stress. They are some examples of what we experience during times when we are not stressed.

List some of your favorite stress-reducing activities on the left column, and check the boxes for each anti-stress quality that the activity cultivates. See what trends you notice after you're done.

There is also space to add 2 more anti-stress qualities if you'd like.

[illegible]

THE ANTI-STRESS LIST

GLOSSARY OF TERMS

FUN

- A STATE OF ENJOYMENT, AMUSEMENT, OR LIGHTHEARTED PLEASURE

RELAXATION

- A STATE OF BEING FREE FROM TENSION AND ANXIETY
- FEELING SAFE

PRESENCE

- WHEN YOUR AWARENESS IS RIGHT HERE, RIGHT NOW
- NOT THINKING ABOUT THE PAST OR THE FUTURE

CREATIVITY

- USING YOUR IMAGINATION OR ORIGINAL IDEAS TO CREATE SOMETHING NEW OR EXPRESS YOURSELF

CONNECTION

- BEING IN RELATIONSHIP WITH SOMETHING OR SOMEONE AROUND YOU
- THIS COULD BE IN RELATION TO YOURSELF, ANOTHER PERSON, A GROUP OF PEOPLE, NATURE, THE UNIVERSE, AND/OR THE DIVINE

SERVICE

- THE ACT OF HELPING, ASSISTING, OR DOING SOMETHING FOR SOMEONE ELSE WITHOUT EXPECTATION OF RETURN

LOVE

- THAT FEELING THAT WE ALL KNOW BUT CAN SELDOM PUT INTO WORDS
- THIS CAN BE IN RELATION TO OURSELVES, OTHER PEOPLE, THINGS, OR CAN BE A GENERAL STATE OF BEING