

Activity Sheet #1

“Expectations”



1.	What drew me to this seminar?
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2.	What is a current source of stress?
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Activity Sheet #2

“Stress Responses”

Use this page to record your responses to the guided visualization of “The Traffic Jam” when prompted by the trainer.

1.	Prompt line: “Not a single car moved ...”
	Notice what you are thinking:
	Notice how your body is responding:



2.	Prompt line: “You are beginning to worry about being late ...”
	What thought comes into your mind?
	How would you describe your body’s response?

(continued next page)

Activity Sheet #2

“Stress Responses” (continued)

3.	Prompt line: “Once again, you didn’t move an inch ...”
	How much of a spike did your mental stress just make? Can you give it a percentage? Did it go up 10%? 50%?
	How much of a spike did your physical stress just make? Give it a percentage, too.



4.	Prompt line: “You can feel your anger surge as this other driver imposes his music on you.”
	Write down a single word for your mental response:
	Write down a single word for your physical response:

(continued next page)

Activity Sheet #2

“Stress Responses” (continued)

5.	Prompt line: “He responds with an obscene gesture and continues to crowd into the small space.”
	See if you can assign a shape or color to your mental response:
	See if you can assign a shape or color to your physical response:



6.	Prompt line: “And then releasing it as you calmly exhale.”
	Write a picture, word, or phrase that describes how your mind is responding. Pressure cooker letting off steam? Feather falling gently downward?
	Now do the same for your body.



Activity Sheet #3

“Types of Stress”



type ▶	Acute	Chronic
definition		
examples		

Activity Sheet #4a

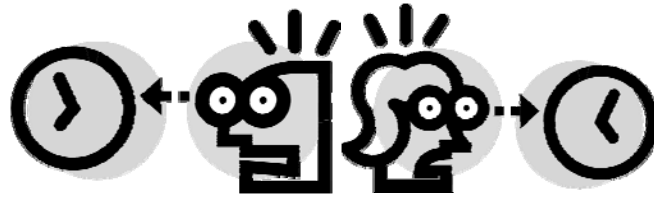
“Approaches to Managing Stress”



type ▶	Proactive		Reactive	
definition				
examples	HEALTHY	UNHEALTHY	HEALTHY	UNHEALTHY

Activity Sheet #4b

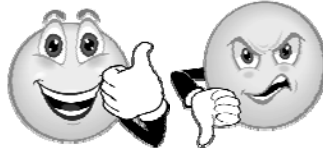
“Types and Techniques”



<i>Stress Management Techniques Matrix</i>		Types of Stress	
		ACUTE	CHRONIC
Approaches to Managing Stress	PROACTIVE		
	REACTIVE		

Activity Sheet #5

“Technique Pros and Cons”

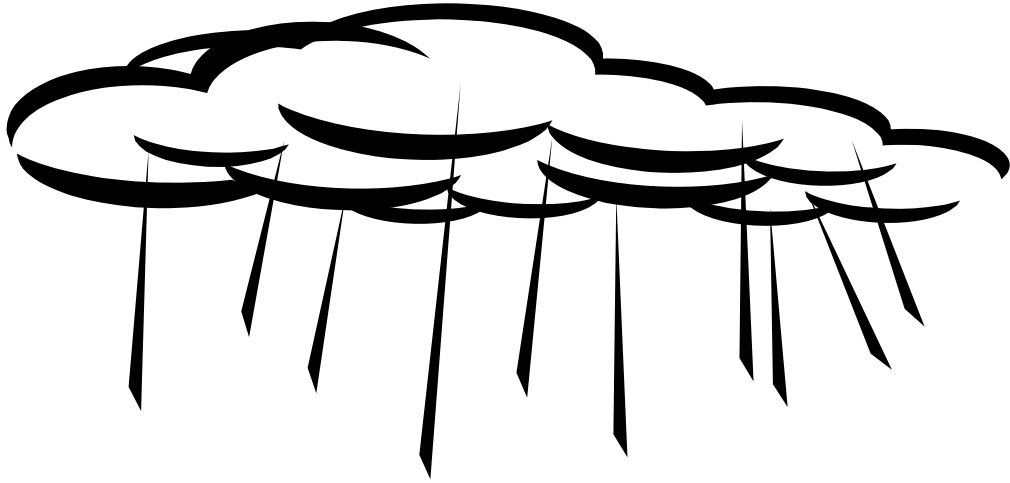


	acute proactive	acute reactive	chronic proactive	chronic reactive
technique	Ex. Deep breathing			
pros	Ex. Immediately calms			
cons	Ex. Fast heart rate makes it hard to take a deep breath			

Activity Sheet #6

“Stress Implications”

ramifications



benefits

