

Daily Stress Check-In

Daily awareness of your stress levels is important to make sure you don't reach and cross your stress threshold. Having pocket tools - those easy to use tools readily accessible throughout the day - such as the Daily Stress Check-In, can help you gauge your stress and help you choose wisely the coping methods appropriate for your stress level and situation.

Answer the following series of short questions directly and honestly.

- 1.** On a scale from 1 to 10 (1=no stress, 10=overwhelmed), what is your stress level?
- 2.** What specifically is creating your stress?
- 3.** What is your current stress response?
- 4.** How is this stress response holding you back in this situation?
- 5.** What can you accept, alter, or avoid right now to create a new situation?