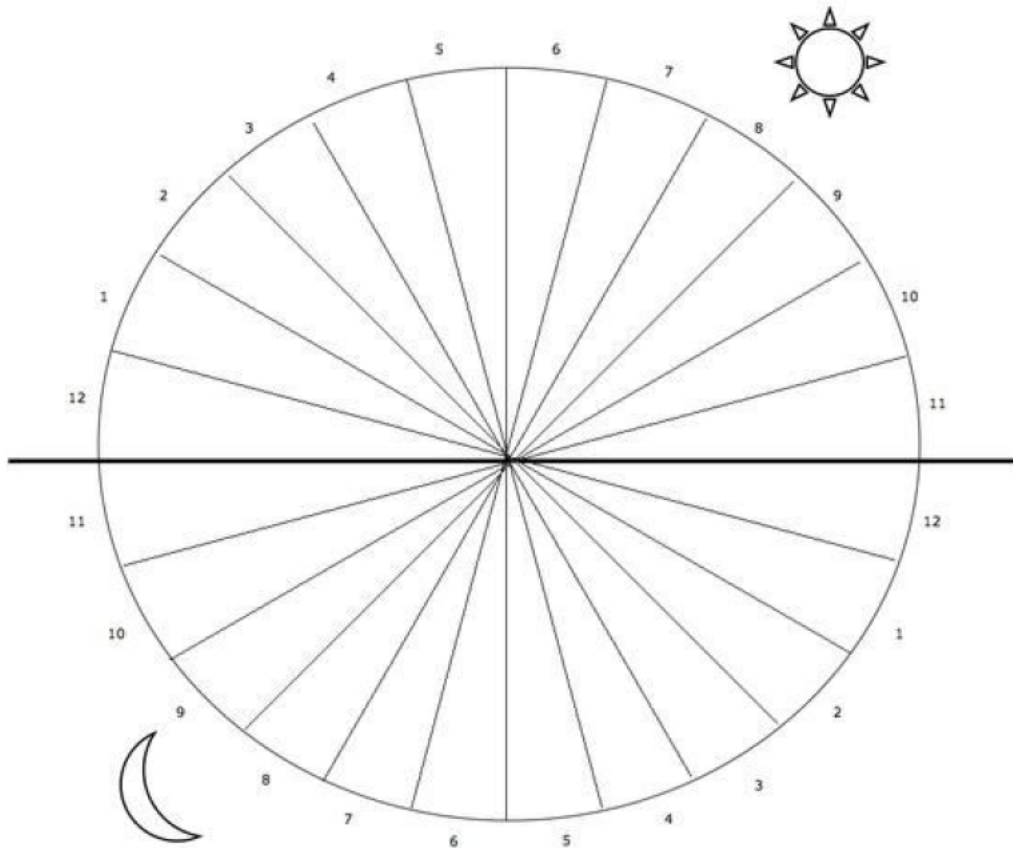
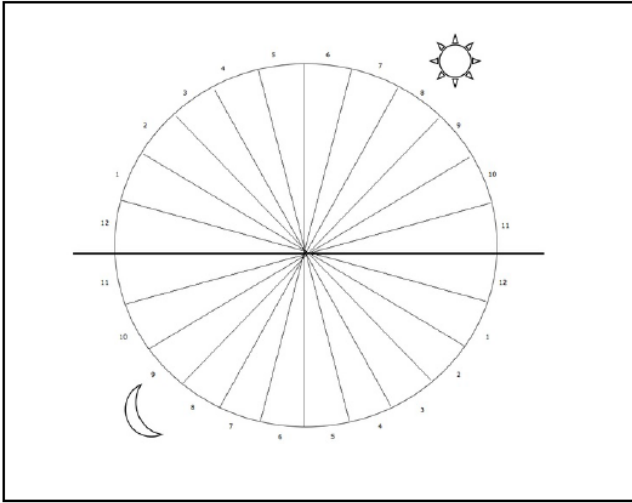


Stress Clock: Let's Know for REAL About Our Stressors

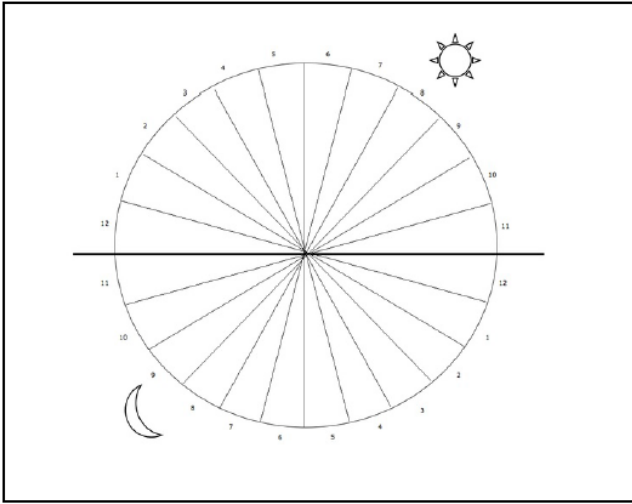


Using the stress clock:

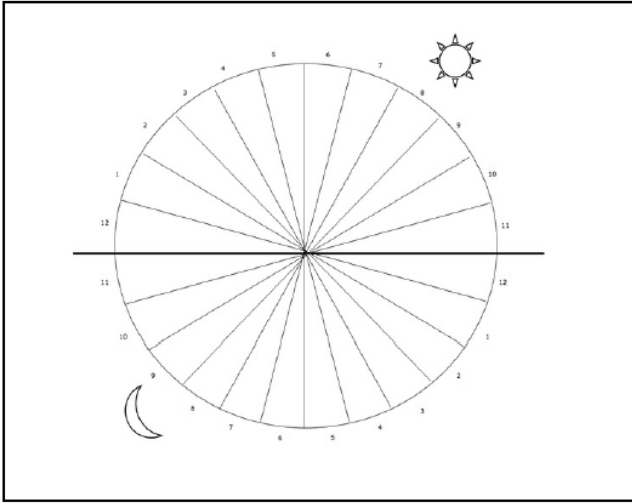
- Observe your stress level during the course of a day for at least 3 days
 - Each hour rate your stress from 1 (really low) to 10 (really high)
 - Check in with your breath, pulse/heart beat, and emotions to make that determination
- When you recognize that your stress level is high, consider the past hour.
 - What activities may have driven your stress up?
 - What activities supported you to experience less stress?
- After 3 days, review the stress clocks you have created.
 - What patterns do you notice in your stresses?
 - What behaviors may contribute to your stress?
- What diet or lifestyle choices may contribute to your stress?
- Working with a practitioner or by yourself, begin to address any of those stressors while making changes in your diet and lifestyle to reduce or eliminate the cause of stress



Notes:



Notes:



Notes:

Cycle of the moon: _____