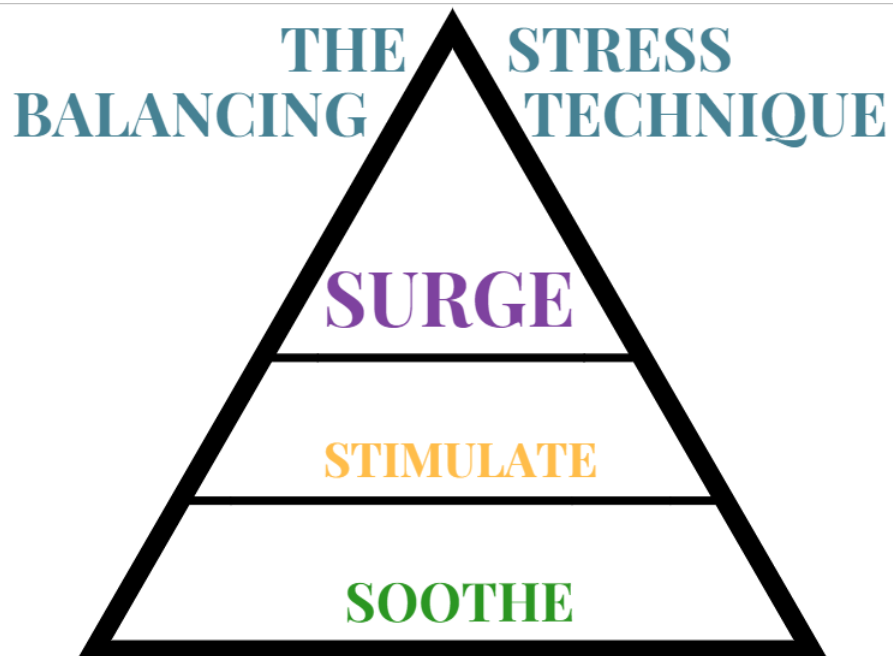


Module 3 Journal

Personalized Stress Plan

The Stress Balancing Technique



Soothe—The Fight or Flight Response

What are your favourite ways to do this? (Physical, Energetic, Emotional, Chemical)

- 1.
- 2.
- 3.

Stimulate –The Rest Relax and Repair Response

What are your favourite ways to do this?

- 1.
- 2.
- 3.

STIMULATE REST & RELAX REPAIR

Re-Engage into activities and people that you love and ENJOY

Re-Focus without distractions of an overly busy mind

Re-Connect to others in a meaningful way

Re-Consider your own feelings beyond just overwhelmed

Re-Discover your own self compassion and love

EXERCISE:

I used to think...

but now I know...

- 1.
- 2.
- 3.

For me Stress Feels like:

- 1.
- 2.
- 3.

What do you want to Transform:

- 1.
- 2.
- 3

Why do you want to Transform it?

- 1.
- 2.
- 3.

Once its transformed, what can you then do?

- 1.
- 2.
- 3