



# Online Relationship Academy

## Course: Managing Stress Together

### Worksheet for Lesson 3, Part 2

### Dealing with Personal Stress

#### Instructions

- Reflect on statements or questions 1-5 and jot down words and phrases that come to mind in response.
- Refer to *Instructions for Your Couple Conversation*, then share your responses with your partner.
- If true, share statement 6 with your partner.
- Save this worksheet to refer to during lesson 6.

1. How is stress impacting me? Is it *impairing* my life and daily functioning or is it *promoting* it?
2. How do I understand the stress? Do I have a positive and realistic view of it? Recent studies of the health effects of stress have demonstrated that the amount of stress matters less than how you view it.
3. How am I using the stress? Am I channeling my response to the stress in productive ways, or have “fight,” “flight,” or “freeze” reactions taken hold?
4. On a scale of 1-5, 1 being unhealthy and 5 being healthy, rate your behavior pattern for each of these lifestyle habits.

Habit	1	2	3	4	5
Physical					
• Eating					
• Sleeping					
• Exercising					
• Other					

<b>Habit</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Mental</b> <ul style="list-style-type: none"> <li>• Alert</li> <li>• Present</li> <li>• Positive attitude/outlook</li> <li>• Other</li> </ul>					
<b>Emotional</b> <ul style="list-style-type: none"> <li>• Self aware</li> <li>• Appropriately expressive</li> <li>• Other</li> </ul>					
<b>Social</b> <ul style="list-style-type: none"> <li>• Caring for other</li> <li>• Caring for self</li> <li>• Appropriately assertive</li> <li>• Interpersonal skills</li> <li>• Social awareness</li> <li>• Other</li> </ul>					
<b>Spiritual</b> <ul style="list-style-type: none"> <li>• Values oriented</li> <li>• Faith centered</li> <li>• Active inner life</li> <li>• Engaged in purposes beyond yourself</li> </ul>					

5. Reviewing the steps toward healthy stress management, rate where you are *now*. Then place an X in the last column to indicate whether you're ready to make progress on that step/grow in that area.

<b>Step</b>	<b>Satisfied</b>	<b>Could be Improved</b>	<b>Dissatisfied</b>	<b>Ready</b>
#1: Take ownership of the power and responsibility for managing stress				

<b>Step</b>	<b>Satisfied</b>	<b>Could be Improved</b>	<b>Dissatisfied</b>	<b>Ready</b>
#2: Develop the capacity to distinguish between healthy and unhealthy stress				
#3: Eliminate unhealthy sources of stress				
#4: Reduce toxic levels and durations of stress				
#5: Practice lifestyle habits that support stress health				
#6. Cultivate a positive outlook on life				
#7. Collaborate with partner to manage stress				

6. If true, share this statement with your partner:

I want to make progress in managing my stress. I ask for your support and encouragement. I want to give you the same.