



## Lesson 10: Homework

- 1) Fill out the “Stress Relief Techniques” worksheet, looking for ways that you can reduce stress in your own life.
  - a. For example, you’ll think about the things that make you happy, the people you can turn to for support, and the things that you can do to relax.
- 2) Use these techniques to tackle the major stressors you face in your day-to-day life.
  - a. For example, if you’ve just made a list of 5 people you can turn to for support, you might write, “Ask Jenny for help watching kids on Thursday so I can exercise” or something along those lines.
- 3) Keep following the Club Reduce nutrition and lifestyle guidelines.
- 4) Download and listen to the Self-Mastery Technology (SMT) session for this week.

*Learn it Live it Lose it*

## Worksheet 1: Stress Relief Techniques

1. **Be Positive:** Positive thinking leads to positive results!

5 things that make me happy: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. **Get Support:** Use your friends to help you battle stress.

5 People you can call for support: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. **Exercise:** Release those endorphins that make you happy!

5 exercises I will do when I am stressed: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. **Laugh Out Loud:** It's hard to feel stress when you laugh.

5 movies, comedians, or jokes that make me laugh: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. **Take Time for Yourself:** Do something you love!

5 self-pampering activities: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. **Meditate/ Participate Calming Activities:** Take a step back from life and relax!

5 ways to relax myself: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Worksheet 2: Stress Reduction Plan

List your top 5 stressors and your plan to reduce them using activities listed above.

### Example of a Stress Reduction Plan:

**Stressor:** I'm struggling with emotional eating and finding it difficult to stop.

**How to reduce this stress in my life:** Ask for support! Talk to close friends and family about the situation and let them know how they can help.

**Stressor #1:** \_\_\_\_\_

How to reduce this stress in my life: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Stressor #2:** \_\_\_\_\_

How to reduce this stress in my life: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Stressor #3:** \_\_\_\_\_

How to reduce this stress in my life: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Stressor #4:** \_\_\_\_\_

How to reduce this stress in my life: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_