

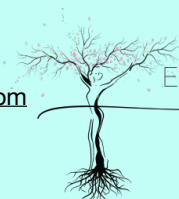
# Self-reflection to Manage Stress©

1. Are you feeling stressed? What is your stress level 1-10? (1-Don't feel stressed, 10-I feel out of control)


2. How does stress manifest in your body and life?


What do you do to cope with stress?


How does the way you cope with stress affect your life long and short-term?

How would it change your life if you learned to manage stress?

True or False		
I sleep 7-8 hours/night	TRUE	FALSE
I exercise at least 30 min 3 to 4 times a week	TRUE	FALSE
I follow an anti-inflammatory diet or often eat and/or...	TRUE	FALSE
Green leafy vegetables, such as spinach, kale, and collards	TRUE	FALSE
Healthy oils, olive oil, <b>nuts</b> like almonds and walnuts	TRUE	FALSE
<b>Fatty fish</b> like salmon, mackerel, tuna, and sardines	TRUE	FALSE
<b>Fruits such as</b> strawberries, blueberries, cherries, and orange	TRUE	FALSE
I have a regular meditation practice. I meditate 5-30 minute/daily on most days.	TRUE	FALSE

