

Stress Audit Worksheet

This worksheet is designed to help you identify your current stress levels and discover practical activities to reduce stress and increase joy and quality of life in your daily routine.

Part 1: Assess Your Stress

Rate the following statements on a scale from 1 (Never) to 5 (Always) based on your experiences over the past month.

- I feel overwhelmed by my responsibilities.
- I often feel nervous or anxious.
- I have difficulty relaxing.
- I have trouble sleeping due to worrying.
- I get irritated easily.
- I feel fatigued even when I haven't exerted myself.

Scoring:

- **6-12:** Low stress. You manage stress well.
- **13-18:** Moderate stress. Consider integrating more relaxation techniques.
- **19-30:** High stress. Action is needed to manage stress levels effectively.

Part 2: Simple Activities to Reduce Stress

Implement these easy activities into your daily routine to lower stress and enhance your overall well-being:

- **Deep Breathing Exercises:** Spend 5 minutes each morning and evening doing deep breathing exercises. This helps calm the nervous system and reduces anxiety.

- **Daily Meditation:** Dedicate 10-15 minutes to meditation each day. Use guided meditations if you are a beginner.
- **Regular Physical Activity:** Engage in at least 30 minutes of physical activity daily. Yoga, walking, or any form of exercise that you enjoy can significantly lower stress levels.
- **Set Boundaries:** Learn to say no to requests that overextend your energy and time. Setting clear boundaries is crucial for stress management.
- **Practice Mindfulness:** Integrate mindfulness into daily activities like eating, showering, or walking. Focus fully on the task at hand and observe what you feel in the moment.
- **Gratitude Journaling:** Each evening, write down three things you were grateful for that day. Gratitude is associated with a greater sense of well-being.
- **Connect with Nature:** Spend time in nature several times a week, even if it's just a walk in a park. Nature can be incredibly soothing and grounding.
- **Prioritize Sleep:** Aim for 7-9 hours of quality sleep per night. Consider establishing a calming bedtime routine that might include reading, gentle stretching, or listening to soft music.
- **Digital Detox:** Set specific times when you disconnect from all digital devices. This can reduce anxiety and improve your mood.
- **Laugh and Socialize:** Make time for social interaction and activities that make you laugh. Social connections and laughter can effectively reduce stress.

Part 3: Implementing Changes

Choose at least two activities from Part 2 that you will commit to integrating into your daily routine. Plan how and when you will do these activities and note any changes in your stress level after one month.

Reflection:

After one month, revisit this worksheet. Do you notice any changes in

your stress levels? Are there other activities you want to try?

This worksheet provides a structured way for yoga students to audit their stress and actively engage in stress-reduction activities. Adjustments can be made based on personal preferences and lifestyle.