

# Sustainability Tips: Health



## Identify Your Stressors and Relievers

What stressors do you face that preoccupy your thoughts? These stressors could be related to time pressures, conflict, dilemmas, demands, or issues that you face. They may revolve around issues with transportation, overextended bills, social drama, sibling arguments, raising children etc.

Now consider the activities that put your mind at rest. They may be reading, exercising, family gatherings, watching movies, planting a garden, etc.

For this assignment, list 5 stresses and 5 relievers.

Reflect:

- *STRESSORS*: I stress over...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

- *RELIEVERS*: These things bring me joy and make me feel at peace...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Thank you for completing this exercise. Awareness and gratitude are a step in the direction of health and well-being. Consciously be aware of what brings you stress, in the moment. Be grateful in the knowing.

Be aware of what brings you joy, peace and fulfillment. Bring MORE of that into your life! With intent, declare that which makes you joyful. Be grateful in the knowing.