

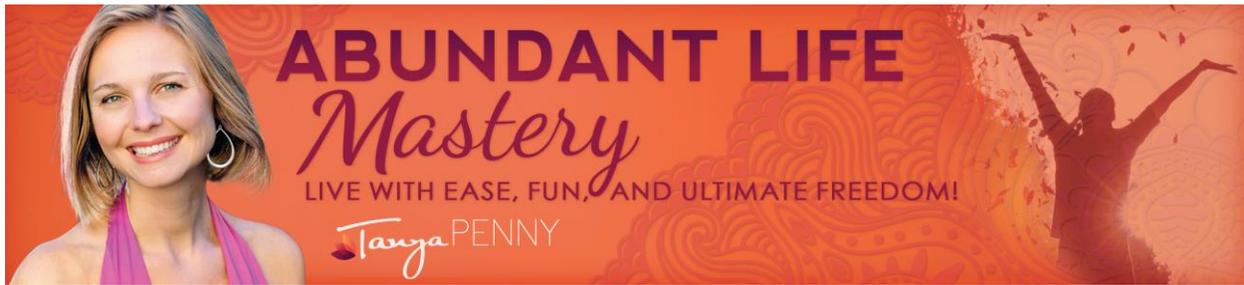


Stress & Life Balance Check-In

1. Rate your current average daily stress level 1-10 (1=low and 10=high) ____

2. Which “stress” symptoms/signs below do you experience (check all that apply to you now or in the recent past)?

Pain/Ache ____	Depression ____
Tension/Tightness ____	Trouble Sleeping (falling asleep or staying asleep) ____
Fatigue ____	GI/Digestion Problems ____
Headache/Migraines ____	Weight/Body Image Issues ____
Anxiety ____	Anger/Irritation ____
Worry ____	Self- Doubt /Critical ____
Overwhelm ____	Other (list)_____



7. Draw pie charts below:

Current life balance- work, rest, play

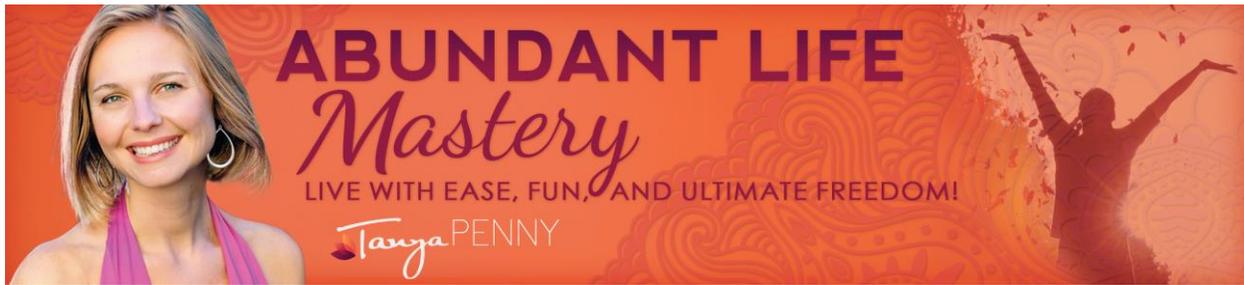
Current "me time vs. we time"

Ideal life balance- work, rest, play

Ideal "me time vs. we time"

8. What area(s) do you need to shift to have more life balance?

9. List 1-3 small action(s) or step(s) you could take today to create more balance in the area(s) needed. Be specific. Example: Rest: Take a 45 minute lunch break outside (eat and tmp practice or breathing exercise).



10. Do you have enough social time/we-time? Alone time?

11. List 1-3 small action(s) or step(s) you could take today to either create more social time or more alone time. Be specific. Examples: 1) Join a meet-up group or meet with a friend for dinner/lunch 1x/week. 2) Ask your husband to watch the kids (or hire a sitter) and take 3-4 hours to nurture yourself.

12. Awareness: Schedule a time on your calendar to complete this handout at least 1x/month (or even 1x/week).

13. Accountability/Support: Share results and actions with a support sister or on FB community.