

SELF-AWARENESS TOOL

Fill out the following questionnaire each evening over the course of a few days. When filling out the questionnaire, it may be helpful to think of a specific life area in which you are currently experiencing worry and stress.

WHAT SPARKED YOUR FEELING OF STRESS?

- What was the event that made you, or is making you, feel stressed?

Example: My upcoming exam

SELF-AWARENESS TIP:

See if you can identify a pattern of some common events that trigger stress for you. What is it specifically about these events that makes you feel stressed?

- How would you rate your physical wellbeing currently on a scale of 1 (very poor) to 10 (excellent)?



SELF-AWARENESS TIP:

Sometimes we feel more stressed-out or worried when our basic needs aren't being met. Simple as it sounds, the first step towards tackling stress may be to get more sleep, food, exercise, drink more water or practise relaxation. By taking care of your physical wellbeing you may find yourself in a better mind-frame to see your problem from a new perspective.

- Write down all of the worries/ stresses that you are experiencing at the moment.

We tend to feel under pressure or stressed when there are a number of different issues affecting us at the same time and we feel overwhelmed. Can you rank the issues that are worrying you or stressing you out from most stressful to least stressful? Try dealing with the most stressful situation first by creating an action plan to resolve it. Tackling the issues one by one will help make them seem less daunting. Use our [Goal-Setting](#) resource to help you create an effective action plan.



WHAT IS THE IMPACT OF THIS STRESS / WORRY ON YOU?

- Note down all the worried thoughts you experienced or are currently experiencing – be specific!

Example: “I’m going to do badly in the exam and then I’m going to feel like a failure”

SELF-AWARENESS TIP:

Writing down your worried thoughts gives you a chance to question the validity of them. Do these thoughts reflect the reality of the situation? Are your expectations realistic? Is there any small action you can take to change things? Try our [Affirmations](#) exercise to challenge your worried thoughts.

- What physical sensations did you feel when you became stressed or worried?

Example: Tight chest, rapid heartrate, sweating palms, flushed face

SELF-AWARENESS TIP:

Our body, mind and emotions are all interlinked. When you start feeling stressed you can focus on reducing the physical symptoms of stress to help you feel calmer and to think more clearly. Check out our [Progressive Muscle Relaxation Exercise](#) resource to learn how to do this.

- What actions did you take when you were feeling worried or stressed?

Example: Ate chocolate, drank alcohol, smoked, went for a run, talked through the problem with a friend

SELF-AWARENESS TIP:

Try to categorise your actions into helpful or unhelpful actions. Quick fix strategies like smoking or eating chocolate may make you feel better in the short term but will not resolve the actual issue that is stressing you out. Can you do something positive to feel better emotionally (like talking to a friend) and also to work towards resolving the root of the stress (a practical action plan)?