



DEMAND MORE OF YOURSELF

STRESS MANAGEMENT WORKSHEET

Ensure you have watched the Stress Management Video in the Members Area
Grab your journal / diary and work through the questions & planning below

1. Do I know how do manage my breathing? Do I practice breath work daily?
Watch the breathing video (This is KEY to managing stress)

2. Am I hitting my training sessions? Am I managing my training intensity appropriately?

3. Have I worked on my sleep?
Watch the sleep video

4. What is my nutrition like? Am I hydrated all day / every day?

5. Do I have decompression time built into my day, week & yearly break? What does that look like for me?
This is Planned time to not have anything to do!

6. Am Identify my stressors? What things in may life are causing me stress? Which of these is giving me the most / least stress?

7. Which are WITHIN my circle of control and which are OUTSIDE my circle of control?

8. Am I attacking my stressors? Am I committed to sorting these challenges out? Or am I prepared to let them drag out?

9. How can I simplify and organise my life better?

Remember you don't need to implement all this - just ONE of the above can make all the difference.

Don't get overwhelmed by trying to do all of the above!!