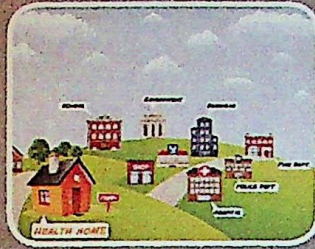


A Balancing Act



Strike a Balance in Your Life - a Tool to Help You Manage Your Stress

Washington Health Foundation
HEALTHIEST STATE IN
THE NATION CAMPAIGN
www.HealthiestState.org

HEALTH 3.0

A Balancing Act

Name: _____

Today's Date: _____

Completion Date: _____

Balance. It's what allows us to manage stress, enjoy the things that are important to us, and still take care of the stuff that needs to get done. When you do find balance, stress can become a positive force in your life. Stress can improve your performance and have some beneficial effects on your body. But, too much stress can be unhealthy -resulting in high blood pressure, weight gain, early aging, or an increased susceptibility to illnesses, such as the flu. Use the tool below to reach a balance in your life.

When do I feel stress in my life? When is it good stress? When is it bad stress?



How do I relieve stress in my life?

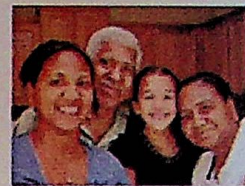
- Exercise AloneTime Time with Friends & Family Reading/Writing Yoga
- Bad habits (*smoking/drinking/eating*) Meditation Deep Breathing
- Laughter Other _____
- Other _____ Other _____
- Other _____ Other _____
- _____



How do I balance stress producing events with stress relievers?



Do I spend time with friends and family? Do I have a hobby?



What provides balance in my life?

What do I need to change?



How do I plan to do it?



How I plan to stick with it:

