

# MANAGING CHANGE & STRESS

“Men are disturbed not by things that happen, but by their opinions of the things that happen.”

-Eptictetus – 55 to 135 A.D.

## Greatest Stress Factors

S \_\_\_\_\_ S \_\_\_\_\_ R \_\_\_\_\_

## Deterrents of Successful Change

F \_\_\_\_\_ I'd rather live with... \_\_\_\_\_

E \_\_\_\_\_ I'd rather keep my... \_\_\_\_\_

A \_\_\_\_\_ I'd rather not risk... \_\_\_\_\_

R \_\_\_\_\_ \_\_\_\_\_

3 (times per \_\_\_\_\_) x 20 (Minutes) = \_\_\_\_\_

## Call AAA:

A \_\_\_\_\_ A \_\_\_\_\_ A \_\_\_\_\_

## Your Greatest Options

C \_\_\_\_\_

AND

C \_\_\_\_\_

## Your Notes:

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# STRESS TEST

Mark each statement from 1 (always applies to you) to 5 (never applies to you), according to how accurate each statement is in describing your current lifestyle.

	1	2	3	4	5
I eat at least 3 meals a day					
I get 7 to 8 hours of sleep at least 4 nights a week					
I exercise to the point of perspiration at least twice a week					
I do not smoke					
I am the appropriate weight for my height					
I drink fewer than two cups of coffee, tea or soda a day					
I have a network of friends, family and acquaintances on whom I can rely					
I confide with at least one person in my network about personal matters					
I am able to speak openly about my feelings when angry, stressed or worried					
I am generally in good health					
I do something for fun at least once a week					
I take quiet time for myself during the day					
I spend less than an hour each day traveling to and from work					
I am calm when I am kept waiting/stuck in traffic/late for an appointment?					
I have regular calm conversations with the people I live with about domestic problems, e.g., chores, money and daily living issues					
I never try to do everything myself					
I never race through a day					
I feel organized and in control					
I am able to organize my time effectively					
I recognize when I am not coping well under pressure					
<b>Calculate Your Total</b>					

# Aromatherapy & Essential Oils



Essential oils that help us *relax include*: chamomile, cedar wood, frankincense, geranium, jasmine, lavender, rose, sandalwood and ylang ylang.

Essential oils to *energize and reduce fatigue* include: mixture of peppermint, rosemary and basil; balsam pine, lemon, orange, peppermint and thyme

## How to use Aromatherapy & Essential Oils

Place a few drops on the following warm “pulse points” of your home:  
light bulbs (be sure to apply when the bulb is cool; the scent will be released as the bulb warms),  
radiators, television sets, refrigerators, computer terminals, sunny window sills

Dilute a few drops of oil water and spray on your bed sheets, upholstery, carpets, etc.

Use a few drops of oil in the bath

Rub a few drops into terra cotta flowerpots, wooden table or chair legs, and other semi-porous surfaces

Anoint candles with essential oils

Choose incense scented with essential oils

Place a few drops in a ceramic diffuser

Simmer a few drops in a pot of water on the stove

To select the oils that produce the response you want, smell each one individually and notice the physical and emotional responses it evokes.

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## Calming/Relaxing Massage Oil

### Ingredients

- 1 ounce carrier oil such as sweet almond
- 10 drops Roman Chamomile
- 5 drops Lavender

### Directions

1. Mix the oils well and add to a clean, air-tight dark glass container.
2. Massage gently into the feet of the individual who requires increased calm. Giving yourself a foot massage with this

## Sugar Scrubs

### Pumpkin Pie Scrub:

- 1 cup of brown sugar
- ½ cup coconut oil
- ½ tsp vitamin E oil
- ½ tsp pumpkin pie spices

### Vanilla Brown Sugar Scrub:

- 1 cup brown sugar
- ½ cup almond oil
- ½ tsp Vitamin E oil
- 1 tsp vanilla extract



## Blends to Enhance Happiness

The below blends can help enhance happiness, joy and peace.

Citrus oils are a wonderful choice when seeking a pleasant, happy environment, and they are inexpensive			
3 drops bergamot	1 drop geranium	2 drops sandalwood	2 drops lemon/orange
1 drop ylang ylang	2 drops frankincense	1 drop rose	2 drops grapefruit
1 drop grapefruit	2 drops orange	2 drops bergamot	1 drop ylang ylang/rose

# STRESS TEST RESULTS

## 20 – 49 Low Stress

Congratulations! you are a calm and relaxed individual who seems to enjoy a good lifestyle. There seem to be few hassles in your life and you do not seem vulnerable to stress. Your lifestyle is such that stress has a minimal impact on your wellbeing. You are managing your lifestyle effectively and efficiently.



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## 50 – 79 Medium Stress

You are approaching the danger zone. You have a vulnerability to stress, and the higher your score the more serious the problem is. This score indicates that there are times when your life becomes extremely stressful. It would be useful see your Health Coach and look at your lifestyle and identify what things cause you stress. Then you can work out how to reduce their impact.

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## 80 – 100 High Stress

**EMERGENCY!!!** Your health and wellbeing is in serious danger! You have potentially a lot of stress in your life but few mechanisms to help you cope with it. This score indicates that you are experiencing damaging amounts of stress that if left unchecked will seriously affect your health, relationships and work efficiency. You will need to take charge of your lifestyle now. See your Health Coach asap and work on bringing these high stress levels down!

