

# STRESS EATING WORKSHEET

How do you define stress? Is it different from anxiety?

Currently, how do you cope with stress? It's OK to have many ways listed.

Where does your stress come from? Think about all areas of your life and make a list. Of course this list will change as time progresses. Think about the past 90 days. Where does your stress come from? Job/career, marriage or significant relationship, lack of significant relationship, children or lack of children, finances, friendships, relationships with family members, neighbors, illness of someone you care about, your health, your house, your car, clutter, my commute, etc.

Now go back through the list and put a check by anything you bring on yourself and you could change this week. Examples may be volunteering, inability to say no, inability to delegate or give up control, getting up late all the time, etc.

Then put a star beside anything that you can change, but it will take a while. Examples include your job, the city you live in, a divorce that will be final in 5 months, your weight, a messy garage, etc.

Lastly, circle anything that you cannot change. Examples may be taking care of a sick child or aging parent, your spouse's lack of listening skills, a recent medical diagnosis, etc.

**Anything that is checked – take action NOW!**

**Anything that is starred – develop a plan and implement it.**

**Anything that is circled – we need to come up with a different way to deal with the stress other than eating.**

If you are not going to eat to relieve stress, then what are you going to do?

**What does relieve stress for you?** Here's some examples to get you thinking.

Bubble bath	Reading	Going for a walk in nature	Listening to music	A Yoga Class
Massage	Gardening	Writing/Journaling	Meditation/Prayer	Cleaning
Organizing	A night on the town	Burning a scented candle	Exercise	Calling a Friend
Spend time with your pet	Cuddle and watch a movie	Weekend trip	Watch sports	

List here what relieves stress for you and also put down any new things you may want to try.

Much of the time stress is caused due to lack of an action plan. Ex. Looking at my dirty, cluttered garage every day for the entire winter stresses me out. Making a plan to clean it up with a definite date/time in mind will relieve much of this stress. So instead of pulling in the garage and thinking *Uggghh this garage is disgusting*. If you have a plan you can think *Uggghh this garage is getting cleaned over spring break and I cannot wait*.

Finances cause a lot of people a tremendous amount of stress. If that is a stressor in your life, sitting down and seeing all your assets and bills will give you a good picture of just how serious your problem is. Then you can budget, save, plan, etc. Having a plan will decrease your stress tremendously!! What on your list could you develop an action plan for?

Sometimes stress comes from not dealing with reality. We chose not to deal with reality because of fear. Ex. I'm stressed out over finances but I don't do a budget because I am scared it will show that I cannot afford my current lifestyle.

Ex. I think my husband is having an affair. I don't hire a private investigator or check his text messages because I'm fearful it will prove me right. Then what? See how fear fuels stress?

The next step is to carve out time every week for stress relief. Don't wait until you are stressed out! Most of us have stress on a daily basis so we need to think about stress relief routinely. What is realistic for you to do for stress relief this week? Regularly?



