

# COPING STRATEGIES FOR STRESS MANAGEMENT

## 1. The Weekly Baseline Scale

On a scale of 1 to 5, circle where your energy and emotional state have spent the most time this week

- 1 - Low & Disconnected** (Feeling flat, exhausted, or stuck in hypo-arousal)
- 2 - Slightly Unsettled** (Harder to focus, feeling a bit distant or heavy)
- 3 - Grounded & Steady** (Functioning well within your optimal window)
- 4 - Revved Up** (Anxious, restless, or easily irritated)
- 5 - High Overwhelm** (Stuck in hyper-arousal, hyper-vigilant, or panicky)

## 2. Micro-Wins Inventory

Significant shifts happen through tiny, consistent choices. Tick any that applied to you this week.

- I noticed my body getting tense and took three slow, deep breaths.
- I said "no" to an external demand to protect my time or energy.
- I engaged in one somatic grounding activity (*e.g., stamping feet, stretching*).
- I intentionally paused away from screens for at least 30 minutes.
- I acknowledged an uncomfortable emotion without immediately trying to distract myself.

## 3. Reflection Prompts for Your Next Session

**The Highlight:** What was a moment this week where I felt truly connected, calm, or proud of my response?

**The Hurdle:** What specific trigger or event pushed me out of my window of tolerance this week? How did my body respond?

**The Focus:** What is one pattern I noticed this week that I want to bring to my next session?