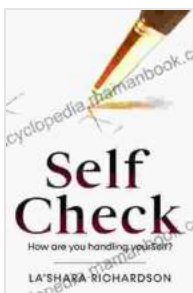


# Self-Check: How Are You Handling Yourself?

Are you struggling to cope with stress? Do you feel overwhelmed by your responsibilities? If so, it's important to check in with yourself and see how you're handling things.

This self-check will help you assess your current state of mind and identify areas where you may need support.

## 1. How are you sleeping?



### "Self Check": How are you handling yourSELF?

★★★★★ 5 out of 5

Language : English  
File size : 918 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 10 pages  
Lending : Enabled



- I'm sleeping soundly and waking up refreshed.
- I'm having trouble falling asleep or staying asleep.
- I'm waking up feeling tired and unrested.

## 2. How is your appetite?

- I'm eating healthy meals and snacks throughout the day.
- I'm skipping meals or overeating.
- I've noticed changes in my weight.

### **3. How is your energy level?**

- I have plenty of energy and am able to get through my day without feeling tired.
- I'm feeling tired and run down.
- I'm having trouble concentrating and staying focused.

### **4. How is your mood?**

- I'm generally happy and optimistic.
- I'm feeling down or depressed.
- I'm experiencing mood swings or irritability.

### **5. How are you coping with stress?**

- I'm able to manage stress effectively and don't feel overwhelmed.
- I'm using unhealthy coping mechanisms, such as drinking, smoking, or overeating.
- I'm feeling overwhelmed and struggling to cope.

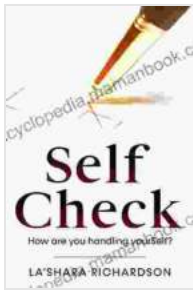
**If you answered "no" to any of these questions, it's important to seek professional help.** A therapist can help you identify the root of your

problems and develop coping mechanisms to manage stress and anxiety.

## **Tips for Managing Stress and Anxiety**

- **Get regular exercise.** Exercise is a great way to reduce stress and improve your mood. Aim for at least 30 minutes of moderate-intensity exercise most days of the week.
- **Eat a healthy diet.** Eating a healthy diet can help you maintain a healthy weight and improve your overall health, which can help you better cope with stress.
- **Get enough sleep.** When you're sleep-deprived, you're more likely to feel stressed and anxious. Aim for 7-8 hours of sleep each night.
- **Practice relaxation techniques.** Relaxation techniques, such as deep breathing, meditation, and yoga, can help you reduce stress and anxiety.
- **Connect with others.** Spending time with loved ones can help you feel supported and less stressed.
- **Avoid alcohol and drugs.** Alcohol and drugs can worsen stress and anxiety in the long run.
- **Seek professional help.** If you're struggling to manage stress and anxiety on your own, don't hesitate to seek professional help. A therapist can help you identify the root of your problems and develop coping mechanisms to manage your stress and anxiety.

**Remember, you're not alone.** Stress and anxiety are common mental health issues that can affect anyone. If you're struggling, don't hesitate to reach out for help.



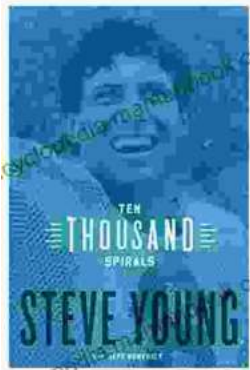
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