THW Pinpointing Hidden Stress Workbook

Each section in this workbook contains vital questions to ask yourself that are meant to shake you up and get you thinking about whether you are suffering ongoing stress in any critical areas of your life.

Begin with Section 1: My Physical Body. After that, you are welcome to skip to any section you like, but only after completing section one. Your body is where you live, and because over 50% of all stress is physically related, it's essential to begin there.

Take steps to reduce stress in any areas that could use improvement, and you will see a more confident, rested, and peaceful version of yourself. Keep in mind that it can be helpful to make small changes over time rather than trying to make too many changes at once.

Section 1: My Physical Body

**My Nutrition**

Honestly, how healthy is my diet? What do I eat most (grains, vegetables, fruit, milk or dairy, fats, meats)?

Eating whole foods daily, such as fruits, vegetables (including seaweed and other sea vegetables), healthy grains, nuts, seeds, organic dairy, poultry, and fish, is essential.

What foods or beverages do I partake of that I know or suspect might harm my body (processed food, fast food, sugar, salt, caffeine, alcohol, and sodas)?

Food sensitivities can cause fatigue, irritability, sadness, and hypersensitivity ([FISH](https://www.theherpeswitch.com/hsv-stress-trauma/calming-your-inner-fish)). Often, it's the foods to which we are sensitive that cause cravings.

* What do I weigh? \_\_\_\_\_How many pounds, if any, would I like to lose? \_\_\_\_\_
* What is a healthy goal weight for me? \_\_\_\_\_
* What is my BMI (Body Mass Index)? \_\_\_\_\_
* How many calories should I consume daily to maintain a healthy weight? \_\_\_\_\_

See [Weight Management](https://www.theherpeswitch.com/hsv-stress-trauma/weight-management) for how to determine a healthy weight, your BMI, and how many calories you should be consuming daily.

What supplements do I take, and why?

What are the combined dosages of all of the supplements I take? Discovering these totals may be tedious, but knowing them is extremely important. You may be taking too much or not enough. So, grab your supplement jars and add up all your daily dosages. Please take a look at any added ingredients to ensure you are not sensitive to them (such as soy and milk).

Additionally, refer to [Vitamins & Supplements](https://www.theherpeswitch.com/vitamins-supplements) for daily requirements.

**My Sleeping Pattern**

* How well do I sleep? Very Well \_\_\_ No Complaints \_\_\_ Just OK \_\_\_

Not Well \_\_\_ Poorly \_\_\_

* What hours do I usually sleep? \_\_\_\_\_
* Do I wake up often, have a hard time falling asleep or getting back to sleep, go to bed late, or experience insomnia or racing thoughts? What sleep problems do I have?

Not getting enough sleep or quality sleep can cause [stress syndromes](https://www.theherpeswitch.com/hsv-stress-trauma), such as Chronic Fatigue, Chronic Pain, and Fibromyalgia.

**Health/Wellness Concerns**

What about my state of emotional or physical health concerns me?

What diseases do I have or fear having?

How often does my stomach get upset (gas, acid reflux, indigestion, pain, constipation, diarrhea)?

Where does my body ache or feel pain the most?

What prescription or over-the-counter medications am I taking or supposed to take? Why? Do I need to follow up with my doctor on making any changes to my medication?

Schedule a physical exam if you haven’t had one in a while. Write down your concerns, worries, and complaints ahead of time so you won’t forget them when you get to the doctor’s office.

Sometimes, procrastinating on scheduling a doctor’s visit or refusing to take a medication can cause more stress than necessary. If you experience any adverse side effects from your medication, please inform your doctor immediately. Some medicines can be quite dangerous if you quit cold turkey.

Speak with your doctor about any natural remedies you are interested in trying. Just because they are natural doesn’t mean they won’t interfere with your medications or cause side effects due to an overlapping condition you may have. If your doctor approves but has no training in natural medicine, consider requesting a referral to a naturopath. Most insurance companies cover seeing a doctor trained in natural health.

**My Exercise**

When I exercise I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which I do it for \_\_\_\_\_\_\_\_\_\_\_ (length of time) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (how often).

*Example: When I exercise, I walk for 30 minutes 3 times each week.*

What do I like or dislike about exercising?

If I'm not exercising, why not? What is preventing me from exercising?

The absolute best exercise for relaxation is stretching. Aerobic exercises, such as walking and swimming, and isometrics, a form of exercise where you resist muscle against muscle, are also healthy options. Also, see [Exercise](https://www.theherpeswitch.com/hsv-stress-trauma/exercise).

Section 2: My Home Environment

What do I like about my home environment?

What don’t I like, or what makes me uncomfortable about my home environment?

Is there anything I can change? What, where, and why?

* **Living Room \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Dining Room \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Kitchen \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Hallway/Entryway \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Bathroom \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Bedroom \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Home Office \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Whenever you find yourself feeling fatigued, irritable, sad, or hypersensitive, you may notice that your home or office areas become messy or cluttered. It's hard to get organized or care about your spaces when you are feeling under the weather, but getting things cleaned up and organized can have the opposite effect and offer you a wonderful sense of accomplishment. Cleaning and organizing also get you physically moving, which improves blood flow and cognitive function, providing an emotional boost. See [Creating Healthy Spaces](https://www.theherpeswitch.com/hsv-stress-trauma/creating-healthy-spaces).

Section 3: My Spirit & Small Joys

**Spirituality**

I don't presume to know what others should believe spiritually or religiously. Whatever your beliefs, I suggest asking yourself if you truly live by those beliefs every day. Does your life reflect who you are, or are you trying to live up to what others expect of you? If so, why? What is the benefit? What is the price?

If you've been fatigued, irritable, sad, or hypersensitive ([FISH](https://www.theherpeswitch.com/hsv-stress-trauma/calming-your-inner-fish)) for some time now and have visited your doctor or minister to discuss the problem and still feel like a fish out of water, you may not be using your senses enough. We experience aliveness and joy through our senses. It is time to [engage your senses](https://www.theherpeswitch.com/hsv-witchery/over-80-sense-based-activities) of sight, sound, smell, taste, touch, and spirit.

How often do I leave the house each week to do enjoyable things (library, movies, gardening, or fun shopping)?

Think of one thing you have been putting off doing that you would enjoy. *Just do it!*

Section 4: My Relationships, Affection & Social Activities

How often do I accept or extend invitations to get together with friends, family, or coworkers? What kinds of things do I enjoy doing, or would I like to do with others?

When we feel overwhelmed, the last thing we want to do is extend or accept an invitation. The very idea can drain the energy right out of us. But guess what? Unless you are sick or tired, getting out there is one of the best things you can do to re-energize, regain your perspective, and feel good about yourself again.

**My Relationships**

Am I satisfied with the relationships in my life? If not, why not?

Your close, personal relationships must be built on unconditional love, the ability to be emotionally intimate, and the capacity to share simple pleasures.

On a piece of paper, list the relationships you are happy with and write down why they make you happy. This list will help you remember those who care about you, admire you, and whom you can turn to for emotional support.

Now, do the same for the relationships that make you unhappy. Write down how they make you feel, why they make you miserable, what your responsibility for this unhappiness is (if at all), and what, if anything, you can do to make things better.

Sometimes, others can make you feel like you are somehow "less" when they don't understand you. And, sometimes, it's your thoughts and feelings about misunderstandings that can bring you down. [Low self-esteem](https://www.theherpeswitch.com/hsv-stress-trauma/rebuilding-self-esteem), yours or theirs, can negatively affect and sabotage an otherwise healthy relationship.

Broken relationships that never mend can cause considerable ongoing stress, negatively impacting your immune system. If you cannot improve things, write down your feelings and options for leaving your dysfunctional or abusive relationship.

**My Doses of Affection**

How often am I affectionate with others (holding hands, hugs, making love)?

Am I content with the amount of affection I give or receive? Do I need more or less affection in my life? What are my feelings about this?

Am I able to be intimate with anyone in my life? Intimacy means “closeness”. You can be intimate with anyone, as intimacy does not imply anything sexual. It is a natural emotional component of a healthy relationship. It is simply being close, understanding, or having a deep bond. You can be intimate with your best friend, parents, children, and even a pet. Sexuality, on the other hand, involves romanticism, love, passion, and lust in physical expression, which is also healthy under the right circumstances. Am I happy with my sexual life or decision to remain celibate? Why or why not?

If you have ever been a victim of sexual abuse, there’s www.rainn.org, an online resource for anyone who has ever been a victim of sexual abuse at any time in their life, whether male or female.

Also, see [Relationship Complexities](https://www.theherpeswitch.com/hsv-stress-trauma).

Section 5: My Daily Personal Activities

**My Technological Activities**

How much time do I spend sitting in front of a screen (TV, phone, computer) absorbing EMFs (electromagnetic frequencies) daily? Which of these activities do I involve myself in the most?

What am I achieving or accomplishing by doing so (work, socializing, education, entertainment)?

Is any of this spent time unproductive in any way? \_\_\_\_\_ How so? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How much unproductive time is spent on any given day? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How might I better balance my time and energy around these activities? Is there anything I am procrastinating about or trying to avoid?

Be mindful of what you watch on the computer, television, and movies. You may think that stimulating dramas, argumentative reality shows, horror flicks, and breaking news are entertaining, but they can be draining and life-shortening.

Anything that disturbs or feeds your eyes and ears negativity causes a host of adverse chemical reactions in your body. Instead, opt for sense-based activities that engage your senses of sight, sound, touch, taste, and hearing, making you feel good about life.

**My Common Daily Personal Activities**

I spend most of my waking hours (doing this):

I wish I had more time to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (fill in the blank).

You will waste enormous energy just thinking about a thing and never taking action. To do so is self-defeating. Avoiding the things that could bring you joy and satisfaction will only lower your opinion about yourself and your self-esteem. Do the things that you keep wishing you had more time to do. Do them now before there is no more time.

Section 6: My Learning & Creative Activities

Over the past few weeks or months, I learned how to:

I have always wanted to learn how to: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I’m good at, used to be good at, or would like to be good at:

It is scientifically proven that your brain cells renew when your mind actively engages in new learning. Learning something new will increase your mental capacity for years to come. Some ideas include crossword puzzles, hobbies, reading, games, learning new languages, and taking classes.

Section 7: My Career & Finances

Am I working in a job I like? \_\_\_\_\_

What do I like about it?

What do I not like about it?

To be able to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (fill in the blank) in a career or as a way to earn money would make me very happy.

Is there anything I have been procrastinating on that would get me closer to being happier about my work? What is it, and why?

If I were rich, what would I do with my money?

In what shape are my finances?

Excellent \_\_\_ Good \_\_\_ OK \_\_\_ Bad \_\_\_ Terrible \_\_\_ OMG! \_\_\_

What can I do to gain better control over my finances?

Tips to Cut Back on Spending

* Balance your checkbook.
* Create a budget and stick to it.
* Stop unnecessary overspending, especially with credit cards.
* If you can afford to, pay half the interest fee on credit cards in addition to your monthly credit card payment.
* Take a sack lunch to work.
* Save an amount of money each month.
* Rent fewer movies or turn off paid TV.
* Eat out less.
* Trade babysitting with other parents.
* Visit Dollar, Thrift, Consignment, and Amazon stores for great bargains.
* Learn about investing your money, IRAs, and other retirement options.
* Consider earning income for what you know. Write an e-book, create and sell a product, or offer services.
* Think in terms of food, shelter, and clothing. If a purchase is unrelated to one of these, refrain from spending, at least for a designated period.

Part 8: My SMART Goal Map

Choose [SMART goals](https://www.theherpeswitch.com/hsv-stress-trauma/setting-smart-goals) (specific, measurable, attainable, realistic, and timely) for each section above that requires modification or change. Don't make the mistake of trying to change too much all at once. Minor changes can become positive habits in the long term.

**My Body:** (My #1 priority every day.)

**My Environment**

**My Spirit/Joy**

**My Socializing, Relationship/Doses of Affection**

**My Daily Personal Activities**

**My New Learning/Creativity**

**My Career/Finances**

**NOTES:**

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