

Stress Management Program
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Exercise 1

Identifying Stress Signals

1. Think of any recent situation where you felt very stressed.
2. What happened in that situation?
3. What were your thoughts as you went through the situation and immediately after the incident?
4. What were your feelings at that moment?
5. What were the sensations in your body?
6. Are you able to connect with your inner process of thoughts, feelings and sensations to the situation outside that is causing stress? Eg. When things don't happen as you planned, how do you react to it? Do you get upset, irritated, furious or let it go?
7. Does this happen to you often? Do you see a pattern?
8. What are you understanding about yourself through this awareness?

This awareness will help you to prepare yourself for any such situation.

This is the first step towards managing stress.