



MY FEEL-GOOD LIST

Life can get stressful with all its responsibilities. It helps to have a plan for when it feels overwhelming. Print this list and write down what stresses you out. Then answer each question below with the simple things that make you happy. They don't even have to cost money. We have a few thoughts to get you started but we know everyone is unique. Remember to do something for yourself every day and especially when you feel stressed. Because we all know that stress happens.

WHAT ARE MY STRESSORS?

1 _____	3 _____
2 _____	4 _____

NOTE TO SELF ASK THE FOLLOWING WHEN I FEEL STRESSED AND OVERWHELMED:

WHAT CAN I DO TO HELP MY BODY?

- 1 Sleep at least 7 hours. _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

WHAT CAN I DO TO HELP MY MIND?

Meditate for 5 minutes. Try ours at hap.org/mindful

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

WHAT CAN I DO TO HELP MY RELATIONSHIPS?

Have a healthy conversation even with conflict at hap.org/conversation

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____

FOR HELP WITH STRESS OR OTHER LIFE ISSUES, CONTACT HAP'S COORDINATED BEHAVIORAL HEALTH MANAGEMENT DEPARTMENT AT (800) 444-5755.