

WHEN YOU FEEL STRESSED DO YOU:

SELF-CARE FOURSQUARE

	YES	NO
Engage in physical activity	A	B
Drink more caffeine than usual	B	A
Get less than 6- 8 hours of sleep	B	A
Make time to relax	A	B
Connect with family or friends	A	B
Overeat or under eat	B	A
Get organized, make a list	A	B
Maintain healthy routines and hygiene habits	A	B
Spend too much money (more than you plan to)	B	A
Find you get upset, frustrated or angry easily	B	A
Note your accomplishments and reward yourself	A	B
Watch a lot of shows, movies, TV, Netflix (more than 3 hours a day)	B	A
Ignore or deny stress symptoms	B	A
Engage in positive thinking, humor, optimism or gratitude	A	B
Avoid what needs to get done and the sources of stress	B	A
Create a plan to manage or reduce stress	A	B
Lose yourself in internet browsing for long periods of time	B	A

TALLY: _____ **A** responses _____ **B** responses

Mostly As – Good for you! You are already using some self-care strategies in your regular routine and you are avoiding many of the common behaviors that amplify stress levels. Your next level of self-care will be fine-tuning this work and ensuring consistency!

Some As, Some Bs – You’ve got a good start to self-care, and luckily there is always room to improve. In the pages to follow you’ll have a chance to think about not just the strategies and behaviors you want to start doing, but maybe those you want to stop doing as well!

Mostly Bs – It’s time to get started on some self-care practices! Your results demonstrate that you often engage in behaviors that amplify stress and may not be taking advantage of some strategies to reduce stress. We think you’ll be delighted by what you can accomplish with a little reflection and planning.

Petaluma

Phone: 707-778-3616

Text: 833-419-0362

Email: studentsuccess@santarosa.edu

Zoom: [https://santarosa-edu.](https://santarosa-edu.zoom.us/j/7077783616)

[zoom.us/j/7077783616](https://santarosa-edu.zoom.us/j/7077783616)



Santa Rosa

Phone: 707-527-4410

Text: 888-343-4038

Email: firstyearsuccescoach@santarosa.edu

Zoom: [https://santarosa-edu.](https://santarosa-edu.zoom.us/j/7075274410)

[zoom.us/j/7075274410](https://santarosa-edu.zoom.us/j/7075274410)