

# STRESS EVALUATION

On a scale of 1-10, how stressed does life feel for you at the moment?

What is causing you stress? Write down everything that comes to mind - big or small.

What would life be like if this stress was removed?

What steps can you take to help yourself reduce your stress levels? Some examples: taking regular walks, keeping a journal, scheduling regular breaks or "me time"

# SLEEP EVALUATION

On average, how many hours of sleep do you get per night?

How often do you find yourself waking up during the night?

How often do you feel tired during the day? Does it stop you from doing your day to day activities?

What keeps you up at night?

What steps could you take to help you fall asleep/stay asleep? Some examples: reduce your exposure to light before bed, develop a bedtime routine to help you relax.