Week 7 Lab:

Lifestyle Stress Management

**Complete the Table**

For the first column, describe your current lifestyle as it relates to each of the areas of stress management in detail using **full sentences**.   
  
For the second two columns, list two ways that you could change or improve your current habits to help you manage your stress for each of the areas of stress management.   
  
**NOTE:** If you feel like you don’t need to make a lifestyle change because it’s already going well, please share the techniques you are currently using to manage it.

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|  | **Current Lifestyle** | **Lifestyle Improvement** | **Lifestyle Improvement** |
| **Example: Self-Image/Self-Esteem** | I have been pretty hard on myself ever since I got passed on that promotion at work. Negative thoughts about myself have crossed my mind frequently since then. | Have more moments of gratitude where I can appreciate the things that I do have and am good at. | Have a meeting with my manager to discuss how I can do better to increase my chances at getting the next promotion |
| **Social Support System** | I very rarely reach out for help. It is a bad habit that I have created during a period in my life when I did not feel like I was supported. | Ask my girlfriend and family to help with the basics of life when I am simply too tired or do not have the time. | Have more regular communication about how I am feeling. Letting people around me know that I am struggling will allow others to help me without explicitly asking for help. |
| **Exercise Habits** | I currently do calisthenics and/or weightlifting once a week on the weekends. Following this is a short run. Also, on Wednesday’s, I lead novice runners on a trail with the City of London. I used to work out six days a week, but since I have started college and work full time, I don’t have the time nor the energy. | I am in maintenance mode, attempting to eat enough calories to sustain my current physique. I will increase the frequency again once my college study plan goes into effect next term. I have pushed a few of my year’s courses into the summer. For now, I don’t feel like I need to modify my habits. | I made it to my weight goal of 200lbs a couple months ago. For understanding, two years ago, after an unfortunate event, I, a 6-foot man, was weighing 155lbs. This was quite unhealthy. I am at a fairly cut 188lbs now and feel as though my current exercise habits are good enough for the circumstances. |
| **Nutrition Habits** | I try to feed myself with enough calories each day. I am having a bit of trouble due to stress causing me to forget about eating. I tend to eat small snacks throughout the day. For example, protein bars, overnight oats, etc. Then I tend to have a very large meal which would contain the bulk of my needed calories. I will make some sort of protein heavy smaller meal later in the evening if I still need more food. | I think I need to improve on the frequency at which I eat. I have not been on the classic 3-meal a day schedule for over 7 years, but it might be best that I return to it during this maintenance period. | I need to simply buy more food. I do not mind cooking, but rarely are all the ingredients bought completely used up. For example, I don’t want to eat green onions as a snack. I think I might just buy more food that I can mass produce like stews, rice-based, or pasta-based meals so that I can eat as much as I need each day and make another batch of something when I’m out. |
| **Time Management Techniques** | I believe I have a good handle on my time management. I have all of my classes scheduled on a calendar and then all of my work tasks and events scheduled on another calendar. I combine the two calendars and toggle between the two if I want a more focused view. | I check the Pulse app to see all course deadlines and take note of them in my Obsidian notebook. I then order them by closest to furthest deadline. I will usually complete school deadlines in this order. However, if there is a larger assignment, I will start it as early as possible to chip away at it. I find that it’s easier to stay focused by splitting up a large amount of work between days. | There is not much downtime that my current lifestyle allows for. Videogames or watching Youtube are my first thought of what to do when I sit down. That being said, I have been able to remind myself about my journey and why I enrolled into this college in the first place. As a result, I tend to complete an assignment or at least get a large amount done on an assignment before going to fun activities. |
| **Self-Image/Self-Esteem** | I think I am doing alright in how I see myself. However, sometimes I will see myself in a negative light. Usually, this negativity manifests into thoughts about how I am not good enough for whatever task I may be struggling with at the time. This doesn’t last long if I move to another task, and it lasts even less time when I complete whatever task I was struggling with. | I think I can improve on the prevention of these negative thoughts. I am a big proponent for the impact of the basics in life. I need to get more sleep, eat more frequently to keep my energy levels balanced throughout the day, and communicate more with my social support system to validate my own positive thoughts about myself. | A technique that works for me is logically breaking apart the negative thoughts. For example, the negative thought: “I’m not good enough”. I question the coherency of the thought itself. Good enough for what exactly? What is the metric for good enough? Is there an objective “enough” or is it largely up to perception? Usually, this questioning of my negative thought ends in that it has no logical grounds to exist. |
| **Sleep Habits** | I am not sleeping well. Most weekdays I am getting between 3.5 hours and 5.5 hours of sleep. This is not sustainable. Sometimes it is lingering stress symptoms from the sprint that my day feels like, other times it is caffeine ingestion too late in the day keeping me up. | What I need to do is simply set a bedtime and stick to it. My latest class goes until 10:20PM. I could be asleep by 10:45. This isn’t too late and my earlier wake up time during the week is 6AM. This would leave me with at least 7 hours and 15 minutes of sleep each night. The issue is that I tend to want to enjoy my day apart from work and school. However, it is likely more enjoyable to be more rested during my necessary daily tasks than to have a few hours of watching Youtube or playing videogames at night. | I drink caffeine much too late in the day. I tend to drink an energy drink or another coffee after work so that I can stay awake and attentive to school lectures or assignment tasks. I will need to cut back on my overall caffeine intake to remove the dependency that I have. Overtime, I should adapt to the absence of caffeine so that I can still do the work I need to do and be able to sleep with less difficulty. |