

Stressing Less and Sleeping More Session Worksheet

Use this worksheet while watching the video or afterward to reflect on what you learned and choose one small, realistic step to support your stress management and sleep habits.

SHORT-TERM VS LONG TERM STRESS

What are some things causing stress in your life right now?

Short-term stress: A natural response that helps your body react to immediate challenges or pressure. It comes - and then it passes.

Long-term stress: Stress that sticks around over time, keeping your body in a constant state of alert.

Do you experience short-term stress, long-term stress, or both?

- Short-Term Stress
- Long-Term Stress
- Both

THE IMPORTANCE OF SLEEP

How many hours of sleep do you typically get most nights?

- Less than 5
- 5-6
- 6-7
- 7-8
- 8+

During healthy sleep, your body restores balance by:

- Decreasing stress hormone levels
- Slowing the heart rate
- Allowing blood vessels to relax
- Lowering blood pressure

How can consistent, restorative sleep benefit you?

- Healthier heart
- Emotional responses are more steady
- Decision-making skills improve
- Cravings decrease
- The ability to manage stress improves

MANAGING YOUR STRESS

How does stress manifest in your life? (check all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Irritability
<input type="checkbox"/> Racing thoughts at night
<input type="checkbox"/> Difficulty falling asleep
<input type="checkbox"/> Waking up feeling tired | <input type="checkbox"/> Tension headaches
<input type="checkbox"/> Skipping meals or overeating
<input type="checkbox"/> Feeling mentally “wired” but physically exhausted |
|--|---|

Recognizing these early signals is powerful because early recognition is prevention!

- **Reactive tools:** are used in the moment when stress spikes. Examples include box breathing or grounding exercises.
- **Proactive tools:** are built into your daily routine. These can include movement breaks, stretching, or sleep habits.

Which proactive or reactive tools feel most realistic for your life right now?

TURNING IDEAS INTO PRACTICE

Which tools do you think you can implement in your life consistently?

Remember: The goal is not perfection. The goal is choosing something small enough to repeat.

Would this work on a busy day? Yes No Not Sure

What might get in the way?

How can you adjust it to work on an especially hard day?

CONFIDENCE

What is your confidence level that you can make this work? (1-10)

1 2 3 4 5 6 7 8 9 10

What, if anything, would increase your confidence?

RESOURCES REFERENCED

[Live to the Beat Coaching Community](#) - When prompted for the access code, type “HabitsThatStick”
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