

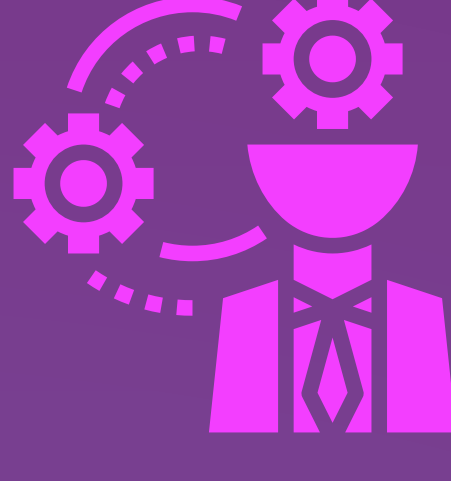
STRESS-FREE AEP QUESTIONNAIRE

Questions to ask yourself when you're stressing out

DID I PLAN FOR THIS?

If the answer is yes, review your plan. Refreshing your memory should ease your mind.

If the answer is no, make one. Preparing will lower your uncertainty and ultimately, your stress.



DO I HAVE ANY FREE TIME?

If the answer is yes, then you probably haven't made too many commitments.

If the answer is no, you've probably overcommitted and need to reassess your schedule.

ARE THERE ANY OTHER TOOLS THAT MIGHT BE HELPFUL??

If the answer is yes, brainstorm which tools and if/how they would be beneficial. Then buy what you need.

If the answer is no, remember to take notes if you find that you need something and don't have it.



HAVE I BEEN ACTIVE TODAY?

If the answer is yes, then consider doing a little more!

If the answer is no, consider taking a short break to get up and move around.

HAVE I BEEN EATING WELL TODAY?

If the answer is yes, consider having a treat. Indulging in moderation is good for you too!

If the answer is no, consider eating something with restorative nutrients like protein and vitamin B.



HAVE I LOOKED AWAY FROM MY SCREEN TODAY?

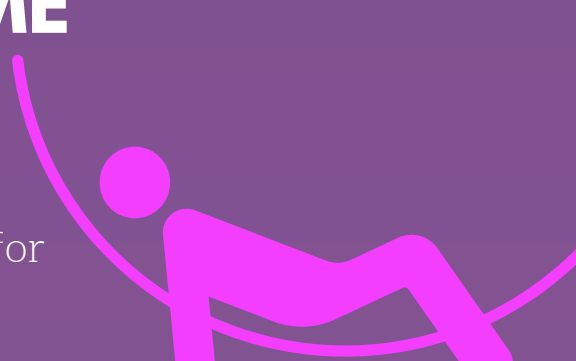
If the answer is no, give your eyes a break. Take this time for a task that doesn't require a screen.

If the answer is yes, still take a small break from the screen. Even small breaks reduce eye strain.

HAVE I TAKEN SOME TIME FOR MYSELF TODAY?

If the answer is yes, take a moment to plan time for tomorrow.

If the answer is no, stop and do something that relaxes you to keep yourself from getting burned out.



DID I DO ANYTHING FUN TODAY?

If the answer is yes, use that happy memory to push you through the rest of the day.

If the answer is no, carve out some time to do something fun and make it a permanent spot on your calendar.

AM I FULLY PRESENT RIGHT NOW?

If the answer is yes, take a moment to focus on your breathing.

If the answer is no, slow down and take in what you hear, see, smell, taste, and feel. Be aware.



HAVE I SEEN MY FRIENDS RECENTLY?

If the answer is yes, consider visiting your family or socializing in another way.

If the answer is no, reach out to your friends and set up a day to reconnect.

DID I GET ENOUGH SLEEP LAST NIGHT?

If the answer is yes, at least 7 hours, make it a routine to go to bed at the same time you did last night.

If the answer is no, try starting your nightly routine a little earlier tonight. It may seem silly, but set a bed time and stick to it.

