

Let us help you plan your week

Happy TASK Service

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CUT THE STRESS

Is STRESS driving your family's future?

Children model their parents' behaviors, including those related to managing stress. Parents who deal with stress in unhealthy ways risk passing those behaviors on to their children.

What is your STRESS level?

Rate each source on how much you feel it contributes to your overall stress level. Use the scale of 1(Lowest)- 10(Highest).

Sources of stress:

- Parenting _____
- Work and Family Balance _____
- Financial _____
- Health _____
- Lack of sleep _____

Reduce stress by using PEACE:

- Plan your week
- Eat healthy and exercise
- Accept help when available
- Celebrate the little things
- Encourage those that matter most

What is your total stress score? _____ *Rate yourself again after using the PEACE strategies for at least two weeks. Compare your scores to see if you improved. Share your results.

Time Management Tip:



**GOAL - DO YOUR MOST
STRESSFUL TASK AS EARLY IN
YOUR DAY AS POSSIBLE.**

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Most Stressful Task							
Check when completed							

Commit to the PEACE Plan:

I, _____, promise to reduce stress in my life by (list at least 3 actions)

Sticking with this plan is important to me because (list at least three goal you want to achieve)

Sign and Date: _____

Share your commitment and stress level score on our Blog at <http://www.happytaskservice.com/blog>.

We want to help you achieve the BEST YOU possible.