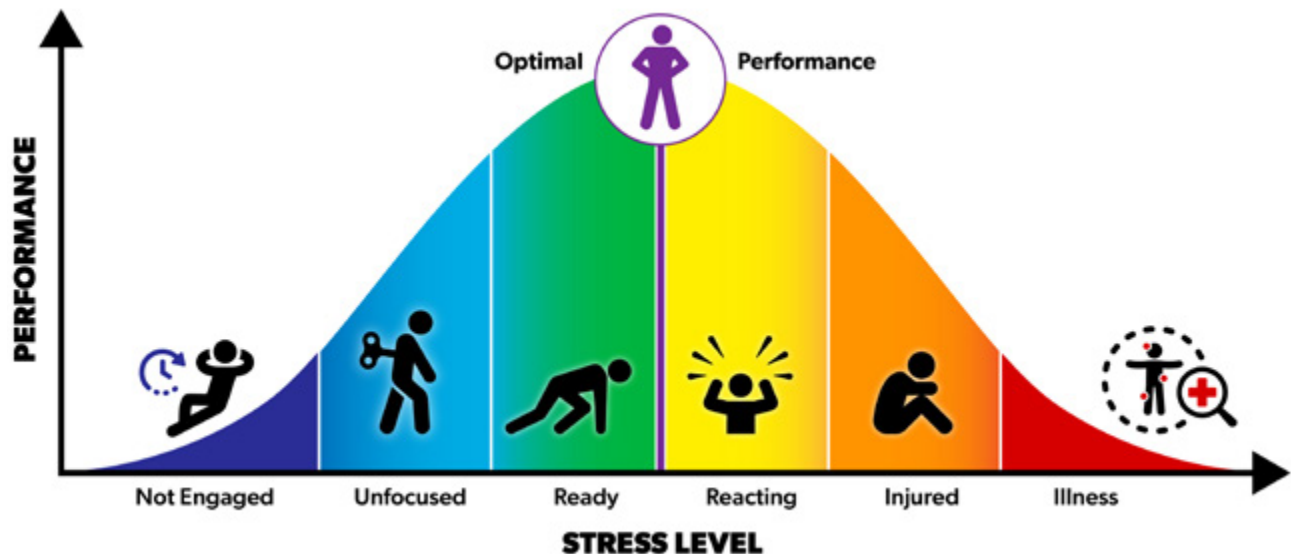


Personal Stress Tool Kit

Stress Wellness Tank Strategies

Total Force Fitness (TFF) strategies can help you strengthen your mind, body, and relationships and keep your stress wellness tank full.

What should you be doing routinely to maintain being in your optimal stress zone? Consider TFF strategies such as getting 7-9 hours of sleep, regular exercise, a healthy diet, and positive social engagement. Incorporate these strategies into your daily routine for resilience, well-being, and peak performance.



What are some blue flags that let you know your stress levels are too low?

Brainstorm emotions, feelings in your body, counterproductive behaviors, and self-talk.

- *Feeling disinterested, unfocused, and unmotivated*
- *Escaping into social media and losing track of time*
- *Lacking interest in relationships*
- *Emptiness*

What are some orange or red flags that let you know your stress levels are too high?

Brainstorm emotions, feelings in your body, counterproductive behaviors, and self-talk.

- *Losing control*
- *Substance abuse*
- *Lashing out*
- *Self-harm*

Stress-break Tools: To help you get in your optimal stress zone, brainstorm strategies you can do regularly that take about 5–20 minutes.

Consider yoga, time in nature, visualization, journaling, or connecting with your values.

Elevate Energy: What strategies can you use to become more engaged and present?

Pump the Brakes: What strategies can help activate your relaxation-response system?

Micro-moment Stress Tools: Brainstorm 2-minute micro-moment strategies that might help you recenter and reach optimal energy levels.

Consider self-talk, tactical breathing, movement, short meditation, or prayer strategies.

Elevate Energy: What strategies can you use to become more engaged and “in the moment”?

Pump the Brakes: What strategies activate a relaxation response in that moment?

Additional Resources



Prepare Stress Optimization Strategic Habits

WHEN	THEN	BECAUSE
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List a Blue, Orange, or Red flag from page 2.

Write a micro-moment or stress-break strategy you'll do in response to the "When."

Write the immediate benefit you'll receive from the strategy in "Then."