

# Reducing Your Allostatic Load

Use this form to help identify your stressors and plan steps to manage and reduce your stress.

## 1. What are your main stressors?

List the major sources of stress in your life (e.g., work, relationships, finances):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 2. What is the impact of this stress?

Describe how these stressors affect you (physically, emotionally, mentally):

- Physical: \_\_\_\_\_
- Emotional: \_\_\_\_\_
- Mental: \_\_\_\_\_

## 3. What are your current coping methods?

What strategies do you currently use to manage stress? Are they effective?

- \_\_\_\_\_ (Effective/Not Effective)
- \_\_\_\_\_ (Effective/Not Effective)
- \_\_\_\_\_ (Effective/Not Effective)

## 4. Are there any new coping strategies you could try?

List three new strategies you want to try (e.g., exercise, meditation):

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 5. What could you scale back?

What would need to happen?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Can you take one small step?**