

Our bodies' stress response systems are outdated and don't always help us respond appropriately to modern dangers. If you were walking in the forest and a bear attacked you, your body would go into survival mode. Your choices would be flight (run away), fight (run at the bear and defend yourself), or freeze (play dead.) Those options work well when faced with bear attacks but they may not be as effective when dealing with stress from your job, your relationships or day to day challenges.

Name your bears.

Write down what you are most stressed about right now. Circle the biggest bear (stressor).

Where do the bears bite?

How do you notice that you are under stress? What does your body feel like?

Your current options.

When faced with your bears, what do you typically do? Place a star next to the option you use most.

When I fight I _____

When I go into flight I _____

When I freeze I _____

Is that working?

How do your current coping mechanisms serve you? What problems do they cause?

What could you try?

List a few stress responses that might serve you better.

How would that feel?

What would be different if you used the new strategies?
