



Soul Searching Exercises



I can find positive ways to relieve stress.

I create constructive and uplifting ways to alleviate stress in my life.

I enjoy the creative ways I have devised to relieve unnecessary pressures and this enhances my entire life.

My life is calmer, more interesting, and fun because I use positive methods to eliminate stress.

Stress is inevitable; however, I can manage my stress and relieve it, which allows me to live a healthier and more productive life.

Creatively relieving my stress makes me feel confident and strong in my abilities to take care of myself. I feel renewed and recharged when I am able to handle my stress.

I am excited about exploring new ways to relieve stress. This in itself is a fun challenge for me.

Wherever I am ***I can use many positive techniques to calm my mind and body.*** One technique I use is focusing on lowering my heart rate; this technique lowers my stress by calming both my body and mind.

Today I will focus on constructive and creative ways of relieving my stress. I will attempt to come up with new ways to make my stress management a fun activity that I look forward to.

Answer These Soul Searching Questions:

- 1. What creative ways have I managed stress?**
- 2. What special places in my mind can I go to and relieve my stress?**
- 3. What is the most unusual technique I have devised to alleviate stress?**
- 4. What new, creative way can I think of to reduce my stress?**