

STRESSBUSTERS:

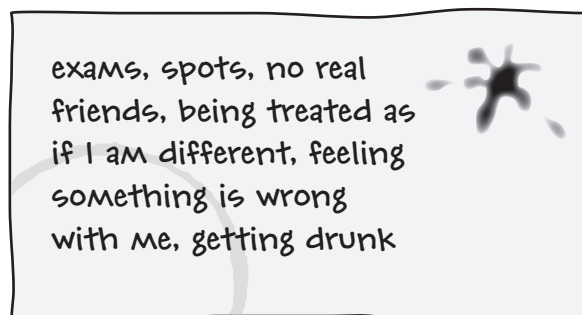
Writing it down

Sometimes putting stress onto paper can help get it out of your head.

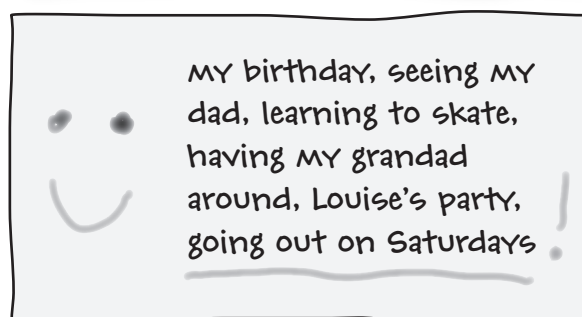
The Feel Bad Sheet

Take a piece of paper and a red pen. Red is described by colour therapists as a daring and active colour that encourages activity.

Write down everything that is stressing you for just five or six minutes. Don't worry about spellings or what your handwriting looks like and don't stop writing during that time. Don't explain – just write.

**The Feel Good Sheet**

Using a new piece of paper and a blue pen, write down all the things that you have enjoyed and are enjoying in life. Blue is described by colour therapists as an honest, peaceful and sociable colour.



Look at your two pieces of paper. Getting things out of your head puts you in a better position to decide what to do next.

Do you need to build more 'Feel Good' things into your life?

What can you do about the 'Feel Bad' things?

For example, take one of them at a time.

- Spots: I will get some cream, drink more water, look at MY diet.
- Friends: I will make an effort to smile and look as if I would like to be friendly.
- Drinking: I will get help now.

By doing something about our 'Feel Bad' things, we begin to feel good.

Checkpoints



- Sometimes writing things down can make your feelings clearer.
- And it can help you think of ways of dealing with your stressors.

Thinkpoints



Here are some other ideas for writing as stress relief.

- Make a list of everything that is worrying you. Now, take the role of an Agony Aunt or Agony Guy and give yourself some advice. Tell yourself what to do, where to go, who to talk to.

Can you follow up some of your own advice?

- Each day, write down one word that reflects your main mood of the day. For example, happy, anxious, scared, good. Each day put that mood word in an envelope. At the end of the week take out all the mood words. What are they saying about you?