



— PURE —

Whole-Food & Plant-Based Support



Workbook

Module Nine

Stress

What are your areas of major stress in your life currently?

[illegible]

Stress



How does stress affect you? Are there physical symptoms?

How have you handled stress in the past?

Stress



List 10 new ways that you could alleviate stress?

Sleep



How much sleep do you average each night? What time do you go to bed and what time do you typically wake up?

Do you sleep all the way through the night or wake up occasionally?

Sleep



If you aren't getting enough, what are two things you could do to make sure you sleep enough each night?

Do you sleep all the way through the night or wake up occasionally?

Caffeine



How much caffeine do you currently drink each week?
Each day?

Could you go 48 or more hours with no caffeine? If no, why?

Caffeine



What times of the day do you drink caffeine and what types of drinks are they?

What are two substitutes for caffeine that you could try this week?
