

# How To Start Living And...



**SLEEP WELL**



**VALUE YOURSELF**



10

0

10



**PRIORITISE**

**BECOME ACTIVE**

10

# How To Start Living And...



## Instructions for you to use the assessment square

To help you to **Start Living**, make the necessary changes to your life, and also for them to be effective, you need to be focused on where to make the appropriate changes.

### This square will help you to consider four areas of your life right now

- Take the centre, of each column as 0 = not doing well
- Take the top of each column as 10 = doing extremely well
- Now rank where you believe your current level of achievement is in each area by putting a number or cross along the relevant column

**Blue – Value Yourself**

**Green – Become Active**

**Red - Prioritise**

**Yellow – Sleep Well**

- Now decide which of these areas you want to start making improvements and changes in
- Finally, now use the information worksheets for your identified area(s) of need which you can download from the website

**[www.isma.org.uk/national-stress-awareness-day/downloads-products.html](http://www.isma.org.uk/national-stress-awareness-day/downloads-products.html)**

To find an ISMA Stress Adviser in your area you can contact:  
The International Stress Management Association (ISMA<sup>UK</sup>) on  
**T: 01179 697284 E: [stress@isma.org.uk](mailto:stress@isma.org.uk) W: [www.isma.org.uk](http://www.isma.org.uk)**

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