



wellness

Stress-
Management &
Wellbeing Workshop

“Consciousness is only possible through change; change is only possible through movement.”

Aldous Huxley

Week Three Worksheet One

Activity v Inactivity

1) Approximately how much sitting you currently do?

a. At work _____

b. In the car/on transport _____

c. At home/in the evening _____

2) Currently, how much/what type of exercise do you do? Include chores like cleaning the house/gardening.

3) Ideally (but realistically) how much and what kind of exercise would you do? Be specific.

4) Are you conscious of how you are sitting at a desk and following ergonomic principles? _____

5) Do you stop for regular stretches/breaks during the workday? _____

6) Are you lifting/carrying heavy loads/using a bag that is bad for you back? if so, what can you do differently? _____

