

REDUCE STRESS WITH THE 4 Rs

Getting your Vital Needs met
can help you feel calmer and less
tempted to eat under stress.



Ways to meet your Vital Needs

Check the ones that are most important to your wellbeing. Try incorporating more of them into your day.

Relaxation

- ☐ **Personal time:**
Doing what fulfills you, alone or with others
- ☐ **Time alone:**
Pursuing a hobby by yourself or enjoying solitary relaxation or reflection
- ☐ **Humor:** Finding joy in funny movies, comedy shows, online videos, jokes, etc.
- ☐ **Music:** Listening to music, playing an instrument, or singing
- ☐ **Movement:**
Engaging in any type of physical activity or sport

Relationships

- ☐ **Personal time:**
Doing fulfilling activities with others
- ☐ **One-on-one attention:**
Connecting with another person
- ☐ **Giving and doing for others:** Giving time or resources to benefit others
- ☐ **Group relationships:**
Interacting within groups or organizations
- ☐ **Healthy competition:**
Enhancing motivation through a mutual challenge

Recreation

- ☐ **Personal time:**
Doing what fulfills you, alone or with others
- ☐ **Learning something new:**
Getting energized by gaining knowledge or developing a skill
- ☐ **Giving and doing for others:** Giving time or resources to benefit others
- ☐ **Having a project:**
Planning, creating, or engaging in a hobby or special interest
- ☐ **Movement:**
Engaging in any type of physical activity or sport

Renewal

- ☐ **Personal time:**
Doing what fulfills you, alone or with others
- ☐ **Time alone:**
Pursuing a hobby by yourself or enjoying solitary relaxation or reflection
- ☐ **Giving and doing for others:** Giving time or resources to benefit others
- ☐ **Music:** Listening to music, playing an instrument, or singing
- ☐ **Spiritual:**
Exploring meaning or faith through prayer, study, nature, or fellowship