

Stress Management Worksheet

Stress is the body's natural reaction to change and is a normal part of life. However, when there are multiple or intense sources of stress, it's important to find a way to manage these stressors in order to avoid harmful effects on the body and mind.

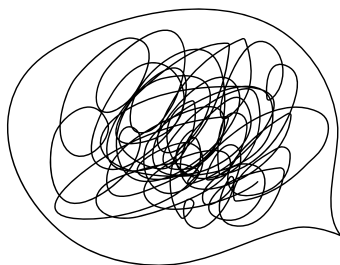
This worksheet will help you to identify sources of stress in your life, your stress patterns, your ability to cope with stress, and ways to improve how you manage stress. Keep in mind that what's stressful to one person may not be distressing to another, and that what works well for you may not work for someone else.

Identifying My Stressors

Stressors can be people, circumstances, events, situations, and more. You may find it stressful to be around certain people, such as a family member or your boss, or you may be stressed about an upcoming event, such as a party. Other examples include your current financial situation, going through a marital separation, planning a move to a bigger house, or learning you're pregnant. Not all stressors are unpleasant!

Take a moment to reflect on the things or people that are sources of distress in your life. Hint: These are the things that take up a lot of space in your head or that you channel a lot of energy into. These could also be the things that are keeping you awake at night, are preventing you from being present in the moment, or make you angry just thinking about.

Write down at least five of your greatest sources of stress.





















































What patterns do you notice? For example, are there certain times of the day that you're more stressed? Are your stressors avoidable/changeable or are they completely out of your control? Are you more stressed about people or about things/events? On the next page, write about any patterns.

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How do I typically cope with stress?

Now that you've identified your stress patterns, reflect on the ways you've coped with stress. List at least five strategies you've tried, rate each one on a healthy to harmful scale, and then rate effectiveness on a 5-star scale (with 1=ineffective and 5=very effective).

COPING SKILL	HEALTHY OR HARMFUL	EFFECTIVENESS
So I did a thing...	    	    
	    	    
	    	    
	    	    
	    	    

What did you learn about your coping strategies? Were there any patterns? What areas do you need to improve in?

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My Plan for Stress Management

Based on your current stressors, patterns of stress, and ability to cope, which of the following would you like to add to your stress management toolkit?

- Practicing radical acceptance
- Increased self-care and/or self-compassion
- Assertiveness
- Time management
- Increasing your skillset in a particular area
- Strengthening your refusal skills
- Limiting time spent at certain events or with certain people
- Seeking professional help
- Eliminating toxic people from your life
- Attending a support group
- Reading self-help literature
- Increasing physical activity
- Avoiding certain foods
- Cutting back or abstaining from alcohol
- Tackling your most stressful problems early on in the day instead of procrastinating
- Asking for help
- Practicing mindfulness
- Finding a new hobby
- Talking to a trusted friend
- Try deep breathing or ground exercises
- Attending a church service
- Other: _____
- Other: _____
- Other: _____
- Other: _____
- Other: _____
- Other: _____

Additional questions to ask yourself when developing a stress management plan:

What am I thinking and/or feeling when I experience stress?

How does stress impact my relationships?

What are my goals for managing stress?

What challenges might I face in implementing a stress management plan?

How can I overcome these challenges?

My Stress Management Goals:

Typical Thoughts and Feelings When Stressed:

HOW I PLAN ON IMPROVING MY ABILITY TO COPE WITH STRESS:

KEY ELEMENTS TO MY STRESS MANAGEMENT PLAN:

[illegible]