

# Manage Stress Increase Happiness

-Making Stress Flow Out and Happiness Flow in-

**\*\*Name:\*\*** \_\_\_\_\_

**\*\*Date:\*\*** \_\_\_\_\_

+Identifying Stressors+

## 1. List Stressors

- Write down specific situations or factors that cause you stress.

- <b>**Stressor**</b>	<b>**Impact on Mood (1-5)**</b>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

## 2. Analyze Stressors

- For each stressor, write down a possible action you can take to reduce its impact.

- <b>**Stressor**</b>	<b>**Action to Reduce Stress**</b>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____

+Practicing Self-Care+

## 1. Daily Self-Care Activities

- List three self-care activities you will commit to doing daily:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## 2. Weekly Self-Care Activities

- List two self-care activities you will commit to doing on a weekly basis:

1. \_\_\_\_\_

2. \_\_\_\_\_

### +Cultivating Happiness+

#### 1. Gratitude Journal

- Write down three things you're grateful for today:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

#### 2. Joyful Activities

- List three activities or hobbies that bring you joy:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

#### 3. Positive Affirmations

- Write down three positive affirmations to boost your self-esteem and outlook:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

+Reflection and Goal-Setting+

- Reflect on how you feel after completing this worksheet. Has it helped you identify ways to manage stress and increase happiness?

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- Set one specific goal for yourself to implement what you've learned from this worksheet.

**\*\*Goal:\*\*** \_\_\_\_\_

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