

STRESS MANAGEMENT WORKSHEETS

Part I. Stress Management Basics

What kind of physical reactions do you have when you are stressed?

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What kind of psychological reactions (thoughts, feelings and behaviors) do you have when you are stressed?

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Do you have any signs of chronic, unmanaged stress?

Medical problems? _____

Emotional problems? _____

Compulsive/addictive behaviors? _____

Which situations have recently triggered your stress reactions?

Daily hassles

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Positive stressful situations (eustress)

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Negative stressful situations (distress)

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What do you usually do to cope with stress?

Positive behaviors—keep doing these

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Negative behaviors—decrease or stop doing these

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Part II. Stress Reduction Strategies

Identify a stressful situation you've experienced recently.

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Use that situation to respond to the following.

Identify how your body and mind reacted to the stress.

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Can you use problem-solving to reduce the stress? If you can, describe how (e.g., by prioritizing, delegating or focusing).

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Can you use clear and assertive communication to reduce the stress? If you can, describe how.

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Describe how you can change negative self-talk about the situation to positive self-talk.

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Describe how you can be more optimistic about it.

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Describe how your actions are consistent or inconsistent with your personal values.

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If you can behave more in accord with your values, describe how.

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A relaxation strategy can help you in a moment of stress. Which would you use?

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Describe how you can improve your social support network to help you manage your stress better.

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Describe how you can improve your time management to help you cope better with stress.

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Identify 3 things you can do to improve your sleep pattern, exercise habits, diet or spiritual practices.

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Part III. How Stress Can be Good For You

Identify a stressful situation you've experienced recently.

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Use that situation to respond to the following.

How can the situation be an opportunity to make positive changes in your life?

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How have you successfully managed similar situations in the past?

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What was the **antecedent** that triggered your stress reaction?

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What were your **behavioral** reactions (thoughts, feelings and behaviors)?

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What are the undesirable **consequences** of the situation?

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What are the desirable **consequences** of the situation?

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Given all of these reactions, what is your goal and how can you move toward it?

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What are the things about the situation you cannot control?

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If you changed your self-talk about the uncontrollables from negative to positive, what would it sound like?

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How can you alter your lifestyle to help you accept the uncontrollables?

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How can you work on cultivating gratitude?

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What meaning can you take away from the stressful experience?

What have you learned?

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What have you changed about yourself?

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How are you more resilient?

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