

Stress Worksheet

Top Stressors

- 1.
- 2.
- 3.

How I can tell I'm stressed:

Physical Symptoms of Stress (e.g., digestive upset, jaw tension, etc)	Emotional Symptoms of Stress (e.g., tearful, easily frustrated, etc)	Cognitive Symptoms of Stress (e.g., distracted, unfocused, etc)

When I'm feeling stressed, overwhelmed, or exhausted, here's what helps:

Of the things you just identified, choose one (for now) to think about what it would take to increase your access to it. Suppose, hypothetically, you decided you wanted to use this stress management strategy more. What might be some challenges you'd face if you tried to use this stress management strategy more?

And what are some things you might do to minimize those barriers, if you decided to try using this stress management strategy more?

How IMPORTANT is it to you to increase your access to this stress management strategy?

0 1 2 3 4 5 6 7 8 9 10

What makes it that important, rather than a little less important?	What could potentially happen that would make it MORE important?

How CONFIDENT do you feel that, if you decided to increase your access to this stress management strategy, you could?

0 1 2 3 4 5 6 7 8 9 10

What makes you that confident, rather than a little less confident?	What could potentially happen that would make you feel MORE confident?

Given all of that, what's one thing you will do TODAY that can move you just one step closer to being able to use this stress management strategy more?