Stress Management Worksheet

Step 1: Identify if I am stressed

My signs of stress are:

Step 2: Identify the stressor

The event/situation causing my stress is:

Step 3: Identify the reason for the stressor

Demands
To successfully address this situation/event
I need:

Resources
To handle this situation I have:

Why do I see this situation as dangerous?
(remember: Stress is a response to danger: No danger...no stress)

My stressor is:  □ Real  □ Self-created  □ A combination of real and self-created

Step 4: Identify stress management strategies

A) Short-term stress management strategies (relaxation strategies) I can use are:

□ Breathing exercises  □ Exercise
□ Progressive muscle relaxation  □ Music appreciation
□ Massage  □ Sex
□ Visualization  □ Hobby ______________________
□ Meditation  □ Spend time with loved ones
□ Hot bath, sauna, hot tub  □ Other: ______________________
□ ______________________  □ ______________________
Step 4: Identify stress management strategies, continued

B) Problem solving strategies that I can use to address the cause of the stress are:

- Use/build my **problem solving skills** to solve problems related to the stressor
  - note: ____________________________

- Use/build my **decision making skills** to make stress-reducing decisions
  - note: ____________________________

- Use/build my **critical thinking skills** to think critically about factors related to this stressor
  - note: ____________________________

- Use/build my **time management skills** to manage my time effectively
  - note: ____________________________

- Use/build my **communication skills** to effectively communicate with those involved
  - note: ____________________________

- Use/build my **budgeting skills** to meet my financial responsibilities
  - note: ____________________________

- Use/build my **academic skills** to achieve greater academic success
  - note: ____________________________

Other skills I can build/use are:

- ____________
  - note: ____________________________

- ____________
  - note: ____________________________

- ____________
  - note: ____________________________

C) Cognitive strategies that I can use to change the way I think about this situation:

**Cognitive restructuring**

<table>
<thead>
<tr>
<th>What is the stressful event?</th>
</tr>
</thead>
<tbody>
<tr>
<td>What are my thoughts related to the event?</td>
</tr>
<tr>
<td>What is the evidence that supports the thought?</td>
</tr>
<tr>
<td>What is the evidence that doesn’t support the thought?</td>
</tr>
<tr>
<td>What is an alternative, more helpful way of thinking about this?</td>
</tr>
</tbody>
</table>

**Socratic questioning**

- Have I been in similar situations in the past? How did I cope then? What did I learn from that situation that I could use now?
- In the past when I have felt this way, what have I said to myself to feel better?
- Am I paying attention to only one aspect of this situation? What if I looked at it from a different angle?
- If a person close to me knew that I was thinking this, what would they say to me?
- What would I say to a friend who said to themselves what I am saying to myself?
- When I am not feeling like this, would I think differently about the situation?
- Am I assuming that this is the only way to look at things?
- Do I have any strengths, skills or other positive attributes that I am ignoring?
- Am I making decisions based on my feelings?
- How would I like things to be different?