Stress Management Worksheet

# Rate Your Stress

# Assessing Your Stress

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# What is Stress?

My Stress Management Plan

## 1. Recognize the Signs

# http://bostoncrosswordtournament.org/wp-content/uploads/2019/07/gingerbread-man-coloring-page-free-printable-pages-cut-out-template-calendar-monthly-blank-running.png

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| --- |
| When I am stressed, my mood is: |
|  |
| When I am stressed, a behavior I do is: |
|  |

I recognize stress in my body here

## 2. Identify the Sources

My top three sources of stress are:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. ­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 3. Manage Controllable Stressors

When I recognize a stressors, strategies I will use are:

* \_\_\_ , \_\_\_ , \_\_\_ breathing
  + Inhale for \_\_\_ seconds, hold for \_\_\_ seconds, exhale for \_\_\_ seconds
* \_\_\_ , \_\_\_ , \_\_\_ , \_\_\_ , \_\_\_ grounding
  + Acknowledge \_\_\_ things you see around you.
  + Acknowledge \_\_\_ things you can touch around you.
  + Acknowledge \_\_\_ things you hear.
  + Acknowledge \_\_\_ things you can smell.
  + Acknowledge \_\_\_ thing you can taste.
* Mantras
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Gratitude
  + I am grateful for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* ­­­­­­­­­­­­­­PMR: Progressive Muscle Relaxation
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## 4. Accept the Stress I Can’t Control

I recognize that not all stress is within my control. I will:

* Ask: Can I \_\_\_\_\_\_\_\_\_\_ this?
* \_\_\_\_\_\_\_\_\_\_\_ my perspective
* Check-in with my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

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