

# 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:

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

## Step 4:

## 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 WR P H H W P \ ; Q D Q F L D O U H V S R Q V L E L O L W L H V  
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

What is the stressful event?
What are my thoughts related to the event?
What is the evidence that supports the thought?
What is the evidence that doesn't support the thought?
What is an alternative, more helpful way of thinking about this?

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, n6 1 Tf 10 0 s