

Managing Stress Worksheet

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SECTION 1: PERSONAL INFORMATION

Name:

Age:

Occupation:

Contact Information:

SECTION 2: MEDICAL HISTORY

Please list any existing medical conditions:

Please list any medications you are currently taking:

SECTION 3: STRESS IDENTIFICATION

Instructions: Please identify current situations or circumstances where you have felt stressed. Try to recall what you were doing, who you were with, and the thoughts going through your mind.

Situation 1:

Situation 2:

Situation 3:

SECTION 4: PHYSICAL SYMPTOMS OF STRESS

Instructions: Please note any physical symptoms you've experienced when stressed. It could be headaches, stomachaches, or an increased heart rate.

Symptom 1:

Symptom 2:

Symptom 3:

SECTION 5: EMOTIONAL RESPONSES

Instructions: Please describe the emotional or mental impact of stress on you. This could be feelings of anxiety, frustration, or depression.

Emotional Response 1:

Emotional Response 2:

Emotional Response 3:

SECTION 6: CURRENT COPING STRATEGIES

Instructions: Please detail what you currently do to cope with stress. This could include both healthy and unhealthy habits.

Current Strategy 1:

Current Strategy 2:

Current Strategy 3:

SECTION 7: EFFECTIVE COPING STRATEGIES

Instructions: Please list healthy and effective stress relief strategies that would work for you, such as practicing mindfulness, deep breathing, or engaging in a favorite hobby.

Proposed Strategy 1:

Proposed Strategy 2:

Proposed Strategy 3:

SECTION 8: GOAL SETTING

Instructions: Establish specific, achievable goals for implementing these coping strategies.

Goal 1:

Goal 2:

Goal 3:

Remember, this worksheet is a tool to help you understand and manage your stress, but it's not a substitute for professional medical advice. If you are experiencing severe or chronic stress, please contact a healthcare professional.