

### Stress Management Worksheet

Use this worksheet to identify stress triggers and develop healthier coping strategies.

#### Step 1: Identify Your Stressors

What are the main things causing stress in your life right now?

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

#### Step 2: Physical Reactions

How does your body react when you're stressed?

(e.g., headaches, fatigue, tension)

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

#### Step 3: Emotional Reactions

What emotions do you experience during stress?(e.g., anger, sadness, irritability)

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

#### Step 4: Coping Strategies

List your current ways of coping:

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

Now, list new healthy strategies you can try:

- Deep breathing
- Journaling
- Talking to a friend
- Exercise
- Mindfulness or meditation