

Stress Solutions Worksheet

Reducing and relieving stress is an important component of caregiving. Not only does it make you physically and mentally healthier, it makes you more able to be patient, present and compassionate with your child and family. There are many ways to manage stress. One challenge is to figure out what are the most productive and healthy choices for you.

Different Ways of Managing Stress:

Underline the choices that you feel might be helpful to you. Circle the ones you already do regularly

Physical Activity

Listen to Music

Massage

Take a bath

Nap

Meditation

Mindfulness

Breathing Exercises

Reducing Caffeine

Acupuncture

Talk Therapy

Support Group

Reducing Sugar Intake

Creating Routines

Prayer

Prescription Medication

Time with Friends

Healthy Eating

Other: _____

Other: _____

Other: _____

What does stress feel like physically to me?

What does stress feel like mentally and/or spiritually to me?

How does the way I manage my stress affect my life?

What would be different if I managed my stress more effectively?