

Stress Management Worksheet

There are many causes of stress. Use this worksheet can help you identify some areas that create stress in your life. This will help you map out a strategy for managing these stressors in a healthy and productive way.

1. Situational Stress: (Stress caused by your immediate environment)

Things I can do to reduce this stress:

2. Physical Stress: (Illness, or choices that may poorly affect your body)

Things I can do to reduce this stress:

3. Mental Stress: (Negative thinking, worrying, or making assumptions)

Things I can do to reduce this stress:

4. Time stress: (Too much to do, not delegating or saying "no")

Things I can do to reduce this stress:
