

Recognizing Stress During Recovery CBT Worksheet

Name:

Date:

Physician's Name:

Stress affects the recovery process

What are the long-term effects of stress you've observed in your life?

Recognizing signs of stress

Instructions:

Tick the following symptoms you've experienced before being admitted to the Training and Rehabilitation Center?

- Sleep problems/disturbances
- Headaches
- Stomach/Gastrointestinal problems
- Chronic illness
- Constant fatigue
- Moodiness
- Irritability
- Difficulty concentrating or making decisions
- Apathy
- Tremors or muscle twitching
- Feeling overwhelmed
- Weight loss or gain
- Depression
- General dissatisfaction with life
- Others (_____)

Coping with stress

How did you cope with the problems associated with stress? Did you use substances for this purpose?

If you have stress in your daily life at the Training and Rehabilitation Center, how do you cope with that?

Department of Health, Republic of the Philippines. (2020). Recognizing Stress. In *Patient's Workbook for Cognitive Behavioral Therapy Sessions* (1st ed., pp. 151–153). Department of Health.