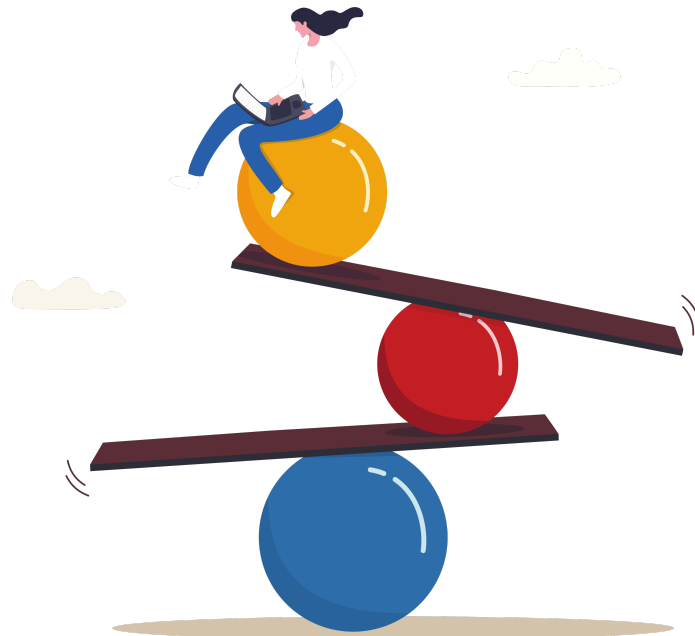


Stress Management Worksheet

Name: _____ Date: _____

Stress affects both the mind and body, influencing emotions, behaviors, and overall well-being. This worksheet will help you identify your stressors, understand your reactions, and create an action plan to manage stress effectively.



Describe the cause of your current stress and rate its intensity on a scale of 1 to 5, with 1 being the lowest and 5 being the highest.

Explain your physical reaction to the stress. How does your body feel?

Explain your emotional reaction to the stress. How are you feeling?

Explain your behavioral reaction to the stress. How are you acting?

What are the consequences of this stress?

What is out of your control?

What can you control?

What stops you from relaxing, and how can you overcome this?

Make an action plan for this week: