

Stress Management Worksheet

Name	Date
Describe the cause of your current stress	
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?	
Coping strategies	
What is out of your control?	
What can you control?	
What stops you from relaxing, and how can you overcome this?	
Action Plan	
Make an action plan for this week	