Stress Worksheet

Date:				
Name:				
List down what is/are stressing you right now:				
What are the corresponding physical, mental/emotional, and behavioral symptoms for each stressor?				
Stressor	Physical (How does your body feel?)	Mental/emotional (How are you feeling? What are you thinking?)	Behavioral (How are you acting?)	

What are the consequences of the 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			
What can you do to manage or reduce your level of stress?			