

# Stress Management Worksheet adapted for use in UNSS 200 (updated Fall 2020)

This worksheet accompanies Health Education Specialist Owen Moran's Presentation on Stress Management

## Step 1: Identify if I am stressed

My signs of stress are:

- Increase in alcohol and marijuana consumptions
- More irritable than usual
- Huge decrease or increase of libido
- Pacing around a lot
- Very impulsive
- Dissociation

## Step 2: Identify the stressor

The event/situation causing my stress is:

- School projects/assignments deadlines
- Exams/Quizzes coming up
- Family drama
- PTSD triggers
- Cluttered Environment
- Sensory Overload
- Multiple events happening at the same time

## Step 3: Identify the reason for the stressor

### Demands

To successfully address this situation/event I need:

- To setup daily tasks/goals
- Take a 30 mins walk everyday
- Break my workload in smaller pieces
- Alone time away from others an hour/pay
- To daily readings for my courses
- Set limits on my substance consumption

### Resources

To handle this situation I have:

- Exercise
- Cleaning
- Music
- Friends I can lean on
- The ability to view the situation as an experience I can learn from

### Why do I see this situation as dangerous?

(remember: Stress is a response to danger: No danger...no stress)

Wanting to achieve perfection is causing a fear of failure.

**My stressor is:** ☐ Real ☐ Self-created ☒ A combination of real and self-created

## Step 4: Identify stress management strategies

**A) Short-term stress management strategies (relaxation strategies) I am most likely to use are:**

- ☒ Breathing exercises
- ☒ Progressive muscle relaxation
- ☒ Massage
- ☐ Visualization
- ☒ Meditation
- ☒ Hot bath, sauna, hot tub

- ☒ Exercise
- ☒ Music appreciation
- ☒ Sex
- ☒ Hobby \_\_\_\_\_
- ☐ Spend time with loved ones
- ☐ Other: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

## Step 4: Identify stress management strategies, continued

### B) Problem solving strategies that I can use to address the cause of the stress are:

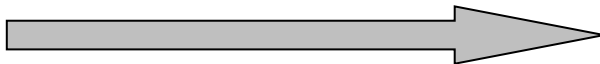
- ☒ Use/build my **problem solving skills** to solve problems related to the stressor  
Explain how: By identifying the key areas in my life that needs to be addressed, I can come up with solutions to fix it or to make it better.
- ☒ Use/build my **decision making skills** to make stress-reducing decisions  
Explain how: I can avoid saying yes to certain propositions to prioritize my needs at the given moment.
- ☒ Use/build my **critical thinking skills** to think critically about factors related to this stressor  
Explain how: I can think critically of the criticisms I get from others and not let it affect me or take it personally.
- ☒ Use/build my **time management skills** to manage my time effectively  
Explain how: Time management can help balance out all the areas in my life which would in return help with my stress levels.
- ☒ Use/build my **communication skills** to effectively communicate with those involved  
Explain how: With proper communication, I can effectively express myself to others, thus making myself more understood and vise versa.
- ☒ Use/build my **budgeting skills** to meet my inancial responsibilities  
Explain how: By properly managing my finance, I can save to buy a house.
- ☒ Use/build my **academic skills** to achieve greater academic success  
Explain how: Horning my academic skills can help me reduce my anxiety and help me with passing my courses.

Other skills I can build/use are:

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### C) Cognitive restructuring is a strategy that I can use to change the way I think about this situation:

#### Cognitive restructuring



#### Questions I can ask myself to help with this strategy:

Identify the situation that is causing me stress (write it below)

There is clutter everywhere in the apartment.

What are my thoughts related to this stressful situation?

I am not able to work in all the cluthur. My partner said they were going to clean up, but why is it still dirty? I need to absolutely clean up so i can study.

What is the evidence that supports these thoughts?

If there is cluthur everywhere I have difficulties to manage my focus and will always end up distracted by the mess around me. I start becoming more irritable and begin to nag my girlfriend a lot.

What is the evidence that doesn't support these thoughts?

At times,even with a mess around me, I am able to hyperfocus on my work and ignore my surroundings.

What is an alternative, more helpful way of thinking about this situation?

Cleaning will usually change the way I am thinking, but in cases that I can't do anything about it, I just have to accept the situation and just ignore and focus on the things I need to accomplish.

- Have I been in similar situations in the past? How did I cope then? What did I learn from that situation that I could use now?
- In the past when I have felt this way, what have I said to myself to feel better?
- If a person close to me knew that I was thinking this, what would they say to me?
- Am I assuming that this is the only way to look at things?
- Am I paying attention to only one aspect of this situation? What if I looked at it from a different angle?
- What would I say to a friend who said to themself what I am saying to myself?
- When I am not feeling like this, will I think differently about the situation?
- Am I making decisions based only on my feelings?
- Do I have strengths, skills or positive attributes that can help me with this situation?