**Stress Management Worksheets**

**Worksheet 1: Identifying Stressors**

**Instructions:** List your stressors, rate their intensity, and categorize them.  
**Example:**

* **Stressor:** Deadlines
* **Stress Level (1-10):** 8
* **Category:** Work

| **Stressor** | **Stress Level (1-10)** | **Category** |
| --- | --- | --- |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Worksheet 2: Physical Symptoms of Stress**

**Instructions:** Circle symptoms you experience and mark the body areas affected.  
**Example:**

* **Symptom:** Headaches
* **Body Area Affected:** Head
* Headaches
* Fatigue
* Muscle tension
* Rapid heartbeat
* Upset stomach
* Sweating
* Difficulty sleeping

**Worksheet 3: Stress Management Techniques**

**Instructions:** Match the stress scenarios with appropriate coping techniques.  
**Example:**

* **Feeling anxious before a meeting:** Deep breathing
* **Overwhelmed with tasks:** Time management
* Feeling anxious before a meeting - Deep breathing
* Overwhelmed with tasks - Time management
* Trouble sleeping - Meditation

**Worksheet 4: Thought Reframing**

**Instructions:** Write down a stressful thought and reframe it into a positive or neutral perspective.  
**Example:**

* **Stressful Thought:** "I’ll never finish this project."
* **Reframed Thought:** "I’ll tackle one step at a time."

| **Stressful Thought** | **Reframed Thought** |
| --- | --- |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Worksheet 5: Daily Stress Check-In**

**Instructions:** Record your stress level each day for one week.  
**Example:**

* **Monday Stress Level:** 7
* **Main Cause:** Work overload
* **Coping Strategy:** Time management

| **Day** | **Stress Level (1-10)** | **Main Cause of Stress** | **Coping Strategy** |
| --- | --- | --- | --- |
| Monday | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Tuesday | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Wednesday | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Thursday | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Friday | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Worksheet 6: Visualization Exercise**

**Instructions:** Describe or draw a place where you feel relaxed and list ways to mentally visit it.  
**Example:**

* **Calm Place:** A beach at sunset
* **Ways to Visit:** Close my eyes, take deep breaths, and imagine the waves.

**Description:**

**Worksheet 7: Gratitude Practice**

**Instructions:** Write down three things you’re grateful for and reflect on them.  
**Example:**

* **Gratitude:** My supportive friends.
* **Reflection:** They help me through tough times.