

Stress Management Worksheet

Assess your efforts to manage stress and plan for the future by using the worksheet below. First, check the strategies you have tried already; rate them from -5 (made me much worse) through 0 (no effect) to +5 (very helpful); and check those treatments you want to try in the future. Then, using your answers, choose one or two areas to work on at a time.

	Tried Y/N	Rating -5/+5	Use in Future
Stress Reduction			
Relaxation (e.g. exercise, imagery, yoga, bath)			
Adjusting expectations			
Changing “self-talk”			
Exercise & movement			
Supportive relationships			
Information			
Pleasurable activity (e.g. reading, music, games)			
Journaling			
Talking and being listened to			
Laughter and humor			
Solitude			
Assertiveness			
Medications			
Stress Avoidance			
Avoiding certain foods and/or chemicals			
Avoiding noise & crowds			
Limiting exposure to media			
Avoiding anxious, negative, demanding people			
Pacing: less activity, short activity periods			
switching activities, taking rests			
minding time of day, delegating			
Create orderly environment (declutter)			
Use a schedule (live by daily plan)			