

Getting A Handle on Stress

There's a saying that it's not the stress that is the problem, it's how we respond to the stress. It's true that stress is a natural part of life, and happy events can be just as stressful as unhappy ones. Use this 3-step stress management worksheet to get a better handle on the stressors in your life.

Step 1

Identify Your Stressors: List the things below that "stress you out." They can be big things or small things, one-time or chronic situations, characteristics in yourself or habits in others:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Step 2

Check Off the Ones You Can Change. Look at your list again and put a check beside the items that you could change.

Make an Action Plan. Now choose one of the items you checked to start working on today. Think about specific actions you can take. Use the space below to list options or tasks needed to resolve the stressful situation.

Step 3

Stressor: _____

Action Steps: _____

