

# Stress Management Worksheet

This worksheet is a complement to the information in "What can I do to manage my stress?", which can be accessed in the "Stress Management" section of [www.concordia.ca/healthyliving](http://www.concordia.ca/healthyliving)

## Step 1: Identify if I am stressed

My signs of stress are:

## Step 2: Identify the stressor

The event/situation causing my stress is:

## Step 3: Identify the reason for the stressor

### Demands

To successfully address this situation/event I need:

### Resources

To handle this situation I have:

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

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

**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 can use are:

- |  |   |
|--|---|
| <input type="checkbox"/> Breathing exercises           | <input type="checkbox"/> Exercise                   |
| <input type="checkbox"/> Progressive muscle relaxation | <input type="checkbox"/> Music appreciation         |
| <input type="checkbox"/> Massage                       | <input type="checkbox"/> Sex                        |
| <input type="checkbox"/> Visualization                 | <input type="checkbox"/> Hobby _____                |
| <input type="checkbox"/> Meditation                    | <input type="checkbox"/> Spend time with loved ones |
| <input type="checkbox"/> Hot bath, sauna, hot tub      | <input type="checkbox"/> 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  
*note:* \_\_\_\_\_
- Use/build my **decision making skills** to make stress-reducing decisions  
*note:* \_\_\_\_\_
- Use/build my **critical thinking skills** to think critically about factors related to this stressor  
*note:* \_\_\_\_\_
- Use/build my **time management skills** to manage my time effectively  
*note:* \_\_\_\_\_
- Use/build my **communication skills** to effectively communicate with those involved  
*note:* \_\_\_\_\_
- Use/build my **budgeting skills** to meet my financial responsibilities  
*note:* \_\_\_\_\_
- Use/build my **academic skills** to achieve greater academic success  
*note:* \_\_\_\_\_

#### Other skills I can build/use are:

- \_\_\_\_\_ *note:* \_\_\_\_\_
- \_\_\_\_\_ *note:* \_\_\_\_\_
- \_\_\_\_\_ *note:* \_\_\_\_\_

### C) Cognitive strategies that I can use to change the way I think about this situation:

#### Cognitive restructuring

What is the stressful event?
What are my thoughts related to the event?
What is the evidence that supports the thought?
What is the evidence that doesn't support the thought?
What is an alternative, more helpful way of thinking about this?

#### Socratic questioning

- 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
- Am I paying attention to only one aspect of this situation? What if I looked at it from a different angle?
- If a person close to me knew that I was thinking this, what would they say to me?
- What would I say to a friend who said to them self what I am saying to myself?
- When I am not feeling like this, would I think differently about the situation?
- Am I assuming that this is the only way to look at things?
- Do I have any strengths, skills or other positive attributes that I am ignoring?
- Am I making decisions based on my feelings?
- How would I like things to be different?