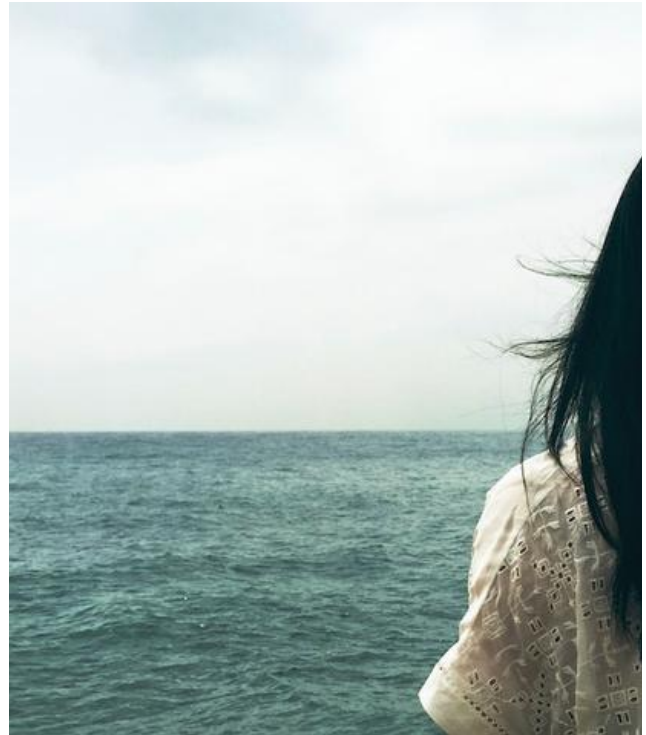


# Reduce My Stress Worksheet



Stress is a fact of life. There is no way to avoid it altogether. Sometimes I can anticipate its arrival while other times, it comes by surprise without any warning. When the pressure of life, in whatever form it comes, exceeds my ability to cope, then I will experience stress.

The best thing I can do for myself in the face of stress is to ensure I know how to manage my response to it. Thinking about this in the present can help me feel more in control now and in the future.

Next time I experience stress, I will try to follow my plan to reduce it and apply the strategies below.

Tools for Self-Improvement

**Roxana Petrus / Psychologist / Emotional Health Specialist**

# My Plan to Reduce Stress

1. Get to know my stressor

a. Why am I experiencing stress right now? Is it something **external** (approaching event, deadline, task, problem) or something **internal** (expectation or pressure that I put upon myself)?

b. How does my stress **manifest**? What **negative consequences** can I perceive because I am experiencing stress?

2. **Take a break** when I need one because I know I don't have to solve anything in this very second and I will \_\_\_\_\_

or \_\_\_\_\_

3. Help my **body** destress by \_\_\_\_\_

or \_\_\_\_\_

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4. Reach out and **talk to** \_\_\_\_\_ or \_\_\_\_\_ because I know that would **help me** \_\_\_\_\_

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**5. Learn from my past experiences**

*a. How did I handle similar situations / problems in the past? What tools did I use then?*

*b. What abilities, resources and strengths do I have that can help me cope now with what is going on?*

**Bonus - Practice Gratitude**

6. Balance things out. What is positive in my life at this moment? What are the things I am thankful for? I write down 3 things that I am grateful for in my life right now.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_