

Stress Management Worksheet

Instructions: Use this worksheet to list your current stressors, identify physical and emotional symptoms of stress, and plan stress management techniques.

Current Stressors:

1. _____
2. _____
3. _____

Physical Symptoms of Stress:

1. _____
2. _____
3. _____

Emotional Symptoms of Stress:

1. _____
2. _____
3. _____

Stress Management Techniques:

1. _____
2. _____
3. _____

PRACTICE PLAN:

- Technique: _____
- Frequency: _____
- Technique: _____
- Frequency: _____
- Technique: _____
- Frequency: _____