

Stress-Management Worksheet

Symptoms of Stress:

Headaches
Upset stomach
Sleeplessness
Loss of Appetite

Elevated blood pressure
Chest pain
Air hunger
Irritability

Depression
Anxiety
Sweaty palms
Confusion

What are your symptoms?

Physical & Emotional triggers:

Tired
Bored
Hungry
Angry
Sick

Nervous
Overworked
Overwhelmed
Overbooked
Abuse

Pressure from Peers
Pressure from Parents
Pressure from Self
Poor time-management
Poor eating habits

What are your triggers?

What is the quality of your:

- Rest & Relaxation
- Work
- Relationships
- Self-care
- Spiritual life

Considerations:

- Ask God and others for help
- Brainstorm what you might try differently
- Learn to say NO cordially
- You only have so much time and energy
- Do the M.A.T.H. when making decisions
- Try focusing on just one thing a week (JOT)

What is your JOT this week?