

Stress-Management Worksheet

Symptoms of Stress:

Headaches	Elevated blood pressure	Depression
Upset stomach	Chest pain	Anxiety
Sleeplessness	Air hunger	Sweaty palms
Loss of Appetite	Irritability	Confusion

What are your symptoms?

Physical & Emotional triggers:

Tired	Nervous	Pressure from Peers
Bored	Overworked	Pressure from Parents
Hungry	Overwhelmed	Pressure from Self
Angry	Overbooked	Poor time-management
Sick	Abuse	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?