

Let's Work IT out Stress Management Worksheet

What is stress?

Stress is a normal part of life. It is the end result of perceived or excessive demands placed upon an individual. Stress can be healthy in some cases; starting a new job, having a child or receiving a promotion. But in most instances, stress can have negative impacts upon an individual; often effecting a person's work performance, mood and/or health. The circumstances and demands that cause stress are stressors. A stressor can be internal (thought, belief, attitude) or external (loss, tragedy, change).

How Can You Better Manage Stress?

Try incorporating the "ABC Strategy"!!!!!!!

$$(A+B=C)$$

A=Awareness: What is causing your stress? Identify stressors.

B=Balance: Think about a balancing scale. If you add too much to one scale the other tips over, but if you add equal amounts of weight to each side, the scales align. Approach stress in this same way. Make sure you are contributing enough time to self-care. A balanced life is essential to maintaining low stress levels. Identify relaxing activities and incorporate them into your routine.

C=Control: Control is a strong word! Stress cannot be controlled, but managing it well can feel a lot like control. Be proactive! Incorporate positive, relaxing and fun activities into your daily routine to counter stress. You will benefit from being proactive during those stressful moments!

$$(Awareness + Balance = Control)$$

Try using the questions below to help you get started.

What is currently causing you stress?

What are some activities that you've done in the past that helped with managing stress or activities that you've wanted to partake in, but haven't due to lack of time or motivation? (Identify these activities and incorporate them into your schedule. Be realistic and intentional about activities. Identify things that can be done that align with your life demands and time constraints. If you would like to exercise more, and lack time, try taking a fifteen minute walk between classes, on campus.)

When is a good time? (Don't delay! If you're currently stressed, an activity is needed now. If you're at work, in class or home try doing a breathing exercise at your desk, in the bathroom or on your couch. Focus on your breathing, take deep full breaths in through your nose and exhale slowly from your mouth.)

Stress Management Activity Bank

Go for a 10 minute walk after a stressful event.

Work on a puzzle to assist with relaxing.

Identify negative thoughts, then counteract thoughts with two positive thoughts.

Listen to music to help you relax.

Attend a yoga class in person or virtually (YouTube).

Participate in a guided breathing exercise via an app or YouTube video.

Mediate daily for 5-15 minutes; focus on your breathing; inhale/exhale slowly.

*Participate in Mindfulness.**

Try identifying one positive thing about the stressful event.

Plan a weekend “get a way” vacation.

Do something fun!

Spend some time outside. Studies show sunlight is great for your mood!

Create an action plan to assist you with organizing your thoughts.

Brainstorm ideas on how to resolve the issue.

Identify school or community resources that can help with resolving the issue.

Exercise daily. Schedule a Counseling Session.

Create a Gratitude Journal to help create or retain an optimistic attitude.

Get a Massage to help you relax.

Read a Book that interests you.

Read an interesting article in a Magazine.

Have a Game Night with Friends/Family/Significant Other.

If you’re experiencing negative thoughts that are related to guilt, shame or resentment then this may indicate a need for a boundary.

If you are struggling with managing your time properly, then this may indicate a need for time management skills.

Watch a funny video/show/movie to relax.

The Goal of ABC Strategy/Stress Management Techniques:
(Identify stressors) + (counteract stress by participating in positive activities, behaviors and thoughts) = (stress management)

**Mindfulness = a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.*