

STRESS WORKSHEET

STOP! TAKE A SECOND ... RELAX + RELATE + RELEASE.

DATE OF EVENT:

WHAT'S HAPPENING/WHAT TRIGGERED YOUR STRESS:

Count Down...5...4...3...2...1 --- Breathe

WHAT'S YOUR STATE OF MIND:

HOW HAS THIS AFFECTED YOUR DAY OR WHAT YOU'RE DOING:

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DETAIL IT / COULD YOU HAVE AVOIDED THIS:

CALM YOURSELF:

- Get out of your headspace
- Meditate (Pray)
- Take a walk
- Do another activity
- Who is your go to ... phone a friend [Can they talk you down]

LET'S DEAL WITH THIS (IF POSSIBLE):

What's done is done, try not to focus on it ... acknowledge that it happened and what you can do to calm yourself in the event it happens again (Relax). Is this stress preventable? Can you get around it? or is it reoccurring (Relate) + then ... let it go (Release). And if you cant let it go, step away from it, and get to it once you've had time to focus.

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JOURNAL ENTRY SPACE [YOUR THOUGHTS]:

ADDITIONAL INFORMATION:

Visit The American Institute For Stress [stress.org] for resources and help in managing your stress, or consult your doctor about seeing a Therapist.