

### **Stress Management Worksheet**

1. Briefly describe the stressful situation you would like to work on.
  
  
  
  
  
  
  
  
  
  
2. What are the signals or physical symptoms that tell you you're beginning to feel stressed?
  
  
  
  
  
  
  
  
  
  
3. Where does the stress come from--the environment, your body, or your thoughts and expectations?
  
  
  
  
  
  
  
  
  
  
4. What aspects of this stress can you control?

What aspects of this stress are beyond your control?