

Stress Management

By Inner Health Studio

www.innerhealthstudio.com

Inner Health Studio: Coping Skills and Relaxation Resources

These stress management worksheets will help you identify your causes of stress, find healthy coping skills to deal with stress, and find ways to take care of yourself physically and emotionally to better withstand stress.

Causes of Stress

Stress is the body's response to stressful situations. Conflict, loss, and overcommitment are common causes of stress.

What causes your stress? List the things that you have found stressful over the past few weeks:

What about chronic stresses? List the biggest causes of stress for you over the past year or more:

What is bothering you the most today?

Symptoms of Stress

Stress can result in problematic symptoms, especially when stress continues over a long period of time.

| Common Physical Symptoms of Stress: | Common Emotional, Behavioral, and Cognitive Symptoms of Stress: |
|--|---|
| <ul style="list-style-type: none">- headaches- back pain- neck pain- chest pain or discomfort- other pain or discomfort- problems with digestion- nausea- shaking- sweating- dizziness- numbness or tingling | <ul style="list-style-type: none">- irritability- crying- frustration, anger- impatience- emotional fatigue- burnout- decreased productivity- concentration problems- memory problems- confusion |

All of these can be symptoms of stress.

Have you seen a health care professional to determine whether there are other causes for your symptoms? Stress itself can cause symptoms, and it can also contribute to symptoms that are caused by another illness.

If you have determined that stress is causing or contributing to your symptoms, you can manage your stress to minimize its impact.

Your Stress Symptoms

How do you know when you are feeling stressed?

What are your early warning signs of stress? What are the first things you notice when you experience stress?

What are your chronic symptoms of long-term stress? Are there any symptoms you have often?

Coping Skills and Habits

How do you usually handle stress? List your usual coping habits.

How effective are the coping behaviors you have used in the past? Do they reduce or eliminate the stress?

Which of the coping techniques did you use in the past but are no longer using?

Changing Situations

Choose one of your stress causes. How can this situation be changed or improved? For example:

Relationship stress - assertive communication training, setting boundaries, resolving conflict

Overcommitment - setting boundaries, saying no, eliminating some things from your schedule

Grief and loss - seeking support, journaling, finding enjoyable activities to fill your day

Stressful situation:

How can this situation be changed or improved?

Developing Effective Coping Strategies

It is important to use a variety of coping strategies to manage stress that inevitably will occur. By regularly practicing coping strategies, you can stop stress from building up and prevent stress overload.

Not all stressful situations are within our control, and not every situation can be changed. Effective, healthy coping skills can allow you to get through difficult times.

Examples of healthy coping strategies:

- relaxation techniques
- journaling
- deep breathing
- exercise

List three coping strategies that have worked for you in the past that you would like to use regularly:

List three new coping strategies you would like to try:

When will you use these coping techniques?

How will these six coping skills you have identified affect your stress level? What changes will you see as a result of using these coping strategies?
