

Stress Management Worksheet

First off — kudos to you for taking the time to make a plan! Stress management isn't about pretending everything is fine or pushing through until we burn out. It's about recognizing what's on our plate, understanding how it affects us, and being intentional about how we care for our body and mind.

Parts of this worksheet were taken from “The Mind Remake Project” and the goal is to help you identify sources of stress, stress patterns, and ways that you can improve how you manage stress.

Why is Stress Management Important to You?



Identifying Your Top Stressors

Stressors can be people, events, or situations—ranging from family dynamics and work interactions to financial changes, major life transitions, or upcoming commitments—and they aren't always negative.

Take a moment to identify the things or people that drain your energy or occupy your mind, such as what keeps you up at night, sparks anger, or makes it hard to be present.

Identifying Your Stress Patterns



What stress patterns do you notice? Consider whether your stress tends to show up at certain times of day, whether your stressors are changeable or outside of your control, and whether they relate more to people or to situations. Use the space below to reflect on any themes you uncover.



Coping with Stress

How do you typically cope with stress? Everyone copes with stress differently, and these strategies can be helpful, unhelpful, or somewhere in between. Noticing how you typically respond is the first step toward choosing healthier, more effective tools.

Coping with Stress

Reflect on the ways you've listed above and pick your top three strategies you've tried, and rate effectiveness on a 5-star scale (with 1=ineffective and 5=very effective).

Coping Skill

Effectiveness



How You Plan to Improve Your Ability to Cope with Stress

Improving your ability to cope with stress starts with identifying what supports your wellbeing and intentionally practicing those strategies. This may include building new habits, adjusting unhelpful patterns, or seeking additional support when needed.

Key Elements to Stress Management Plan



A solid stress management plan highlights what stresses you out, how you currently cope, and the healthy tools, habits, and supports you'll use moving forward. The goal is to build routines that help you stay grounded, resilient, and well.



Challenges that I anticipate
in Implementing my Stress
Management Plan



How I can overcome these
challenges