

# STRESS WORKSHEET

LET'S IDENTIFY THE CAUSE OF YOUR STRESS AND FACE IT  
HEAD-ON. ... RELAX + RELATE + RELEASE.

*Life by Wyetha*

DATE/TIME:

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 head-space
- Meditate (Pray)
- Take a walk
- Do another activity
- Who is your go to ... phone a friend

## 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 can't let it go, step away from it, and get to it once you've had time to focus.

JOURNAL ENTRY SPACE [YOUR THOUGHTS]:

## ADDITIONAL INFORMATION:

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

## INSPIRATION

"Stress is the trash of modern life-we all generate it but if you don't dispose of it properly, it will pile up and overtake your life." — Danzae Pace