



STRESS MANAGEMENT WORKSHEET

1. Recognizing Stressors

Stressors that lead to productivity at work (Good Stress)	Stressors that wear me out (Bad Stress)

2. What happens when I start feeling stressed?

Physically (e.g., heart rate, muscle tension)	Emotionally (e.g., feeling checked out, irritability)	Mentally (e.g., distracted, difficulty focusing)

3. Miracle week at work

--



4. How I Can help myself Complete the Stress Cycle

Values	Action/Activity	Time Requirement	Non-Negotiables/Changes
	Physical Activity - -		
	Deep Breathing - -		
	Social Connection - -		
	Affection - -		
	Laughter - -		
	Creative Expression - -		
	Crying - -		

5. Skills that may help prevent Chronic Stress (e.g., learning about empathetic leadership, assertiveness skills)
