

Stress Exploration & Reduction Worksheet



Stress is a feeling of being tensed, overwhelmed or worn out. A small amount of stress can be motivating, but too much stress may be daunting. A way to reduce your stress is to identify the possible causes of this daunting feeling, your reactions to the stressors, and possible coping strategies that work for you. Fill out the table below & reflect on your stressors.

STRESSOR	REACTIONS TO STRESSOR	COPING STRATEGIES
<i>Examples: traffic, work, current relationship, health issue, or moving</i>	<i>Examples: anxious feelings, obsessive thoughts, restlessness, or unhealthy bingeing</i>	<i>Examples: plan ahead, look for low-cost services, warm bath, journal, or go for a walk</i>

[Our mental health therapists](#) can help you reduce and manage your stress.