

Stress Identification Worksheet

The first step to successful stress management is identifying what stresses you out. You can take action to lessen or minimize your stressors and their symptoms once you have identified them. Use this worksheet to help you identify your stress.

1. Identify Your Stress Triggers. What triggers regularly cause you stress?

- Illness Finances Lack of Time Uncertainty Caring for others
- Traffic Workload Lack of Sleep Other:

2. Circle symptoms you have experienced in response to stress.

- Angry • Worried • Fast heart rate • Lack of focus
- Frustrated • Fatigue • Body Shakes • Avoidance
- Overwhelmed • Indigestion • Headaches • Other:

3. List two consistent weekly stressors and identify what you CAN control and what you CANNOT control.

Stressor 1:
What Can I Control?
What I Cannot Control?
Stressor 2:
What Can I Control?
What I Cannot Control?

4. Think back to a recent situation where you handled stress well, what did you do to help manage the symptoms and the situation?

.....
.....
.....
.....