

Stress Stopper Worksheet



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TOP STRESSORS

WHAT CAN BE DONE ABOUT IT?

Focus on "what is" rather than "what if". Worrying about imagined scenarios causes more stress! For example, don't always assume things will go wrong.

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TOP 3 PRIORITIES FOR TODAY:

1.

2.

3.

Take a moment to reflect & feel grateful for for the people, pets, and experiences in your life that bring you joy.

I AM GRATEFUL FOR:

THREE GREAT THINGS THAT HAPPENED TODAY:

1. <hr/>	1. <hr/>
<hr/>	<hr/>
2. <hr/>	2. <hr/>
<hr/>	<hr/>
3. <hr/>	3. <hr/>
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THOUGHTS & REFLECTIONS

Write down anything that currently feels stressful. Getting it out of your mind and onto paper makes it feel more manageable.

- Combat stress: Go for a walk Meditate Practice deep breathing Talk to a friend
- Drink water Eat healthy Stay away from social media and electronics
- Exercise Do something nice for someone

How to identify stressors:

- Identify your triggers by noticing the events, people, or situations that make you feel stress.
- Focus on "what is", not imagined or worse case scenarios. Take note of when you feel most stressed, such as at work or during certain activities.
- Pay attention to your physical reactions such as tense muscles, trouble sleeping, nausea, headaches, increased heart rate etc., which can be indicators of stress and anxiety.

What can be done about it?

- What would help you feel more relaxed in the moment?
- Make time for mindful reflection to help identify any negative thought patterns or beliefs that may be contributing to your stress levels.
- Talk to those close to you and share how you are feeling. They may be able to provide valuable insight into what might be causing your stress and help you come up with solutions.
- Keep track of your progress by writing down any changes that you've made in order to reduce stress and achieve better overall wellbeing. Taking the time to give yourself credit for the small achievements will help motivate yourself further as you continue on your journey towards improved mental health!
- If needed, seek professional help from a doctor or therapist who can assess your mental health and offer ways of managing your stress levels more effectively.

Top 3 priorities:

- You don't have to do it all! Pick 3 things to focus on. Accomplishment boosts your mood and increases dopamine!
- Once you complete one, add another.

Identifying the source of stress and making changes where possible is the first step in reducing stress levels. Break it down into smaller, more achievable tasks. Taking on too much at once can be overwhelming and we want to avoid that.

It is important to take time for yourself and figure out ways to help reduce stress. Take some time each day to focus on yourself and what makes you feel content, even if it's only five minutes. Read a book, going for a walk, or even just sitting still and focusing on your breathing.

- Take regular breaks throughout the day.
- Make sure to get enough restful sleep.
- Exercise regularly, even if it's just taking a walk around the block or doing some stretching at home.
- Avoid too many sugary snacks and processed foods.
- Avoid alcohol or too much caffeine - these put more stress on your body.
- Practice breathing exercises for 10 minutes every day to help you stay centered and grounded.
- Make time for things you enjoy like reading, music, or gardening.
- Talk to someone you trust about how you are feeling, as bottling up your emotions can lead to increased stress levels.
- Take a break from technology and social media.
- Do something creative! Writing, painting, playing an instrument, or any other activity that allows you to express yourself freely and reduce stress levels in the process.

Remember, this is your journey, make it fun and make it your own!