MANAGING STRESS WORKSHEET

Stressors	Ways to Reduce Stress	Making Changes
What are the most stressful things in my life right now? (pressures, worries, conflicts, responsibilities)	1. Change the stressful situation.	How can I change the stressful situation?
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	Change our <u>perception</u> of the stressful situation.	How can I change my perception of the situation?
	 Growth promoting Challenge Natural part of life Fun, humorous Learning experience 	
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e - 2	Change our <u>capacity</u> to deal with the stressful situation.	How can I change my capacity to deal with the stressful situation?
ē	 Improve skills preparation and organization work and study efficiency assertiveness 	
	 Increase body efficiency food sleep exercise relaxation: fight tension with relaxation 	
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