



Stress Management Worksheet

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* Stress is a natural response to challenges, but managing it effectively is crucial for maintaining well-being and focus, especially as a student. This worksheet provides strategies to identify sources of stress and implement techniques for managing it. Use it to reflect on your stress triggers, apply stress-reduction strategies, and build habits that promote calmness and resilience.

1 Identify Your Stress Triggers

What are the main sources of stress in your life?

- Stress Trigger 1: _____
- Stress Trigger 2: _____
- Stress Trigger 3: _____

2 Recognize Physical Symptoms of Stress

How does your body react to stress?

- Physical Symptom 1: _____
- Physical Symptom 2: _____
- Physical Symptom 3: _____

3 Apply Stress-Reduction Techniques

Which of these techniques will you use to manage stress? *(Check all that apply)*

- | | | |
|---|--|---|
| <input type="checkbox"/> Deep Breathing | <input type="checkbox"/> Progressive Muscle Relaxation | <input type="checkbox"/> Time Management (e.g., Pomodoro technique) |
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Exercise | <input type="checkbox"/> Journaling |

4 Take Action: Stress-Reducing Habits

What steps will you take to reduce stress in the upcoming days?

- Step 1: _____
- Step 2: _____
- Step 3: _____



4 Take Action: Stress-Reducing Habits

At the end of the week, reflect on your progress:

• Which techniques helped the most?

• How can you improve your stress management for next time?

• What steps will you take next week to continue reducing stress?
