

Name: _____ Date: _____ Hour: _____

Changing Situations

Choose one of your stress causes. How can this situation be changed or improved? For example:

Relationship stress - assertive communication training, setting boundaries, resolving conflict

Over commitment - setting boundaries, saying no, eliminating some things from your schedule

Grief and loss - seeking support, journaling, finding enjoyable activities to fill your day

Stressful situation:

How can this situation be changed or improved?

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Causes of Stress

Stress is the body's response to stressful situations. Conflict, loss, and over commitment are common causes of stress. Stress management worksheets can help you to explore the causes of stress in your life. Brainstorm using the following questions:

What causes your stress? List the things that you have found stressful over the past few weeks:

What about chronic stresses? List the biggest causes of stress for you over the past year or more:

What is bothering you the most today?
