

## Coping With Stress

The goal of this worksheet is to help you identify what life situations make you experience stress, and recognize how they impact you.

Doing so can help you find new, more adaptive coping mechanisms for these triggers, reducing or eliminating the sources of stress in your life.

The worksheet contains two parts.

### Instructions

*Part 1* is focused on self-awareness. In this exercise, you'll list the physiological and emotional symptoms of stress that you experience when faced with specific events.

Rating your stress levels in each circumstance will help you prioritize those you'd like to deal with in *Part 2*.

*Part 2* invites you to think of new and healthier ways to reduce or eliminate your stress.

It asks you to identify the elements of those stress triggers that you can and cannot control, before designing ways to cope with them in the moment.

Finally, your responses to *Part 2* can be used to brainstorm new ways to cope in the future.

## Part 1: Recognizing Stress

Use the table provided to explore and identify situations and events that trigger physical and emotional symptoms of stress in you.

In the first column, list some situations that you feel or suspect are eliciting a stress response in you.

Write any physical and emotional sensations you experience in second and third columns respectively. Finally, use the final right-hand column to rate how much stress you experience from that trigger, where 0% is the lowest and 100% is the highest.

Situation <i>When I...</i>	Physical Symptoms <i>I feel...</i>	Emotional Symptoms <i>I feel...</i>	Stress Rating <i>(0 - 100%)</i>
<i>E.g. Am given a mountain of work on Monday morning.</i>	<i>E.g. Tight shoulders</i>	<i>E.g. Overwhelmed and exhausted</i>	<i>60%</i>

## Part 2: Coping With Stress

Now, use the triggers you identified in Part 1 to develop some coping mechanisms for when they arise.

List the triggers you'd like to work with in the first, left-hand column - an example is given.

We cannot control everything. In the second column, try to distinguish between what you can and cannot control about the trigger you've listed.

The third column is for listing how you currently cope with the stressful situation, and the final column is where you are invited to think of new ways to cope with the situation. You may wish to consider both practical and emotional mechanisms that you find helpful.

Situation	Control	Current Coping Mechanism	Adaptive Coping Mechanism
<i>When I...</i>	<i>What can I realistically control about this situation? What aspects are beyond my control?</i>	<i>Right now, I cope by...</i>	<i>How might I deal with this situation to decrease or get rid of my stress?</i>
<i>E.g. Am given a mountain of work on Monday morning.</i>	<ul style="list-style-type: none"> <li>▪ <i>I cannot control how much work I am assigned</i></li> <li>▪ <i>I can control when and how I finish these tasks</i></li> <li>▪ <i>I can control how much I personally accomplish</i></li> </ul>	<i>E.g. Working overtime without pay</i>	<i>E.g. I can:</i> <ul style="list-style-type: none"> <li>▪ <i>Begin by prioritizing tasks</i></li> <li>▪ <i>Delegate those which are appropriate</i></li> <li>▪ <i>Divide my personal goals into manageable sub-goals</i></li> </ul>

Situation	Control	Current Coping Mechanism	Adaptive Coping Mechanism