ADULTS | PRINTABLE WORKSHEET

Stress Management Workbook



WHAT THIS IS

Stress is not always bad, but chronic stress wears you down. This workbook helps you find sources, signals, and tools.

HOW TO USE IT

1. Sort stressors by what you can change.
2. List your body and mind signals.
3. Pick tools and plan your week on page 2.

EXAMPLE

"Can change: my schedule. Can't change: traffic. Tool: leave 15 minutes earlier."

My biggest stressors

How stress shows up

- Headaches
- Tight shoulders
- Poor sleep
- Irritable
- Forgetful
- Overeating
- Withdrawn
- Racing mind

I can change or influence

I cannot change (so I will accept or adapt)

Tools menu (circle your go-tos)

- Deep breathing
- Walk outside
- Exercise
- Journaling
- Talk to a friend
- Music
- Stretching
- Prayer or meditation
- Hobby
- Nap
- Say no
- Take a break
- Time in nature

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.

PART 2 · PLAN

Stress Management Workbook · Weekly Plan

My stress thermometer

High _____

Medium _____

Low _____

Describe what each level looks like for you and what you do about it.

Weekly stress plan

Day	Biggest stressor	Tool I will use	Did it help? (1 to 5)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Things I can let go of

_____

_____

_____

Things I can say no to

_____

_____

_____

Daily non-negotiables (check what you can do)

- ☐ Sleep 7+ hours
- ☐ A short walk or movement
- ☐ One real meal with no screen
- ☐ A moment of quiet
- ☐ Connect with one person

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