

Worksheet 2.1

The Stressors in My Life

Try to think of three things that are currently causing stress in your life.

Look at the different categories of stress reducers; some ideas have already been completed. Try and add some more ideas of your own.

Now, for each of the things causing you stress, write one idea that you think could help to reduce or avoid this stress.

Three things that cause me stress are:

1

2

3

To reduce this stress I can:

1

2

3

Ideas for reducing stress

Show your feelings

- ✎ Cry.
- ✎ Talk to a friend.
- ✎ Write a poem.
- ✎ _____
- ✎ _____

Problem solve

- ✎ Write out the problem and brainstorm solutions.
- ✎ Work out strategies with a friend.
- ✎ Think about what is causing the stress and change what you are doing.
- ✎ _____
- ✎ _____

Find a distraction

- ✎ Learn a new skill.
- ✎ Try out a new computer game.
- ✎ Do something creative.
- ✎ _____
- ✎ _____

Nurture yourself

- Eat some chocolate.
- Have a bath.
- Watch your favourite television programme.
- _____
- _____

Problem solve

- Decide what is causing the stress and make a plan to tackle it.
- List as many solutions as possible. Try all the strategies until one works.
- _____
- _____
- _____

Get distracted very actively!

- Go for a run.
- Play a physically demanding game.
- Go for a swim.
- _____
- _____

Reflections Worksheet 2

Self-Help Strategies: 'Five Looks' & Daily Stress Management Diary

This worksheet describes a very useful strategy called 'Five Looks' that you can work on and use to help you to manage the stresses in your life.

Use this as a prompt sheet and try to keep an on-going diary of stress management to record on a daily basis which of the tools you use and how effective they have been.

Look about!

Try to measure the level of stress you are coping with.

Try to include usual daily hassles and things that you have adapted to recently. Remember – not all changes are negative BUT they may be a drain on your energy.

Look to yourself!

Try to regularly reflect on your own symptoms – are you getting anxious or irritable?

Are you trying to do too much or becoming inactive?

Try to identify any changes that may be due to a build-up of stress.

Try to THINK about the way you think, act and feel.

Look forwards!

Always try to think about SOLUTIONS and particularly focus on whether the solutions you choose will be useful, both in the short and long term.

Look back!

Think about what worked before and learn from the most helpful and useful patterns of behaviour and strategies.

Try to learn from the less helpful responses – what could you do differently next time?

Look after yourself!

- Pace yourself and try to do one thing (for example, eat, rest, see friends, and so on) without doing other things at the same time.
- Use LISTS to aid memory and prioritise.
- Take breaks when the pressure builds up.
- Use breathing, relaxation and exercise and keep to a healthy diet and lifestyle.
- Give yourself treats and rewards.
- Try to reframe negative self-talk and respect yourself.
- Try to enjoy life and your relationships!

Daily Stress Management Diary

Every day write down something that caused you stress and what you did.

Then rate the effectiveness of your strategy from 0 to 10, where 0 is ineffective and 10 is very effective.

In the last column think if you would do anything next time to help you even more.

Use the 'Five Looks' to remind yourself of different ideas.

Day	Stress	What I did	How effective was it?	What would I do differently next time to cope more effectively?
			0 1 2 3 4 5 6 7 8 9 10 Not effective at all ↔ very effective	
			0 1 2 3 4 5 6 7 8 9 10 Not effective at all ↔ very effective	
			0 1 2 3 4 5 6 7 8 9 10 Not effective at all ↔ very effective	
			0 1 2 3 4 5 6 7 8 9 10 Not effective at all ↔ very effective	
			0 1 2 3 4 5 6 7 8 9 10 Not effective at all ↔ very effective	
			0 1 2 3 4 5 6 7 8 9 10 Not effective at all ↔ very effective	
			0 1 2 3 4 5 6 7 8 9 10 Not effective at all ↔ very effective	