

## STRESS BUSTER WORKSHEET

List current stressors: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Check all stress buffers that will help with your current stressors:

- |  |  |
|--|--|
| <input type="checkbox"/> Cognitive re-structuring      | <input type="checkbox"/> Time with a supportive friend |
| <input type="checkbox"/> Vertical arrow technique      | <input type="checkbox"/> Exercise                      |
| <input type="checkbox"/> Progressive muscle relaxation | <input type="checkbox"/> Reading                       |
| <input type="checkbox"/> Advantage/Disadvantage list   | <input type="checkbox"/> Meditation                    |
| <input type="checkbox"/> Tai chi/ Chi gung/ Yoga       | <input type="checkbox"/> Aromatherapy                  |
| <input type="checkbox"/> Music                         | <input type="checkbox"/> Deep breathing                |
| <input type="checkbox"/> Relaxation/Imagery            | <input type="checkbox"/> Writing/Journaling            |

Write down affirmations that will help you to change your perspective about your stress: \_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

**Place these affirmations on a card and look at them often.  
This is who you really are!**

**List all daily activities by placing them on this scale:**

**Negative** -----**Neutral**-----**Positive**  
(I really hate doing this activity) (I LOVE doing this!)

Your scale should tip largely to the right. What can you do to make this happen?

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