

My Worksheet for Controlling Stress and Other Strong Emotions

In my life now, I feel: (Check all that you are feeling)

Stressed Sad Nervous Angry Lonely Bored

I feel this way because: _____

What I have been doing when I feel this way is: _____

In my life, there are some things I can change and some things I cannot change. I will look for the things that I can change. Then I will change them.

I choose to respond to the stress and other strong feelings in my life in a healthy way. I will do this by: (Check what you will do)

Exercising

- Getting regular exercise
- Going for a brisk 5 minute walk when I feel stressed, angry or nervous
- Trying a relaxing exercise like yoga

Eating healthy

- Making time to eat healthy food
- Drinking at least 6 cups of water
- Avoiding unhealthy food

Relaxing

- Getting at least 7 hours of sleep
- Resting
- Telling myself that I feel calm and relaxed
- Taking 10 slow deep breaths

Continued on back.

My Worksheet for Controlling Stress and Other Strong Emotions (continued from other side)

Talking to others or praying

- Talking to someone I trust about what I am feeling
- Talking to my doctor about stress and strong emotions
- Meditating or praying

Writing

- Writing my feelings down in a journal
- Writing a letter to someone about how I feel, even if I do not send it

I value myself for the whole and unique person that I am. I will manage my stress and strong emotions in a healthy way.

I deserve good health!

Signed: _____

Date: _____