



# MOVING AHEAD: The Challenge

## Stress and Relaxation Worksheet

### LEARNING HOW TO REDUCE YOUR STRESS

Since stress can be cumulative and build up or be one large stressor, how can you reduce its effects?

How can you most effectively reduce stress in your life? Think in terms of behaviors, adaptation skills (skills of coping), attitude, and relationships. With respect to your top 5 “musts,” what can you do to ensure a lower stress level for each? List your ideas below:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List 3 areas where you’ve felt tension in your body below. List ways in which you can reduce the particular tension, whether it is through relaxation, exercise, or imagery.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Identify a few beliefs that may contribute to your stress:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can you change these?

