

Worksheet 1:

Learn About Your Relationship to Stress

Instructions: Fill out the following worksheet to help you discover what situations trigger your stress response, how you respond to stress, and how much stress specific events cause you. Then, rate your stress level, with 10 being an extremely high amount of stress and 1 being the lowest amount of stress. The first line contains an example.

When I do/perform/am in _____ (situation)	I feel these physical symptoms of stress	I feel these emotional effects of stress	Rate your stress level (1-10)
Traffic	Heart races, headache	Frustrated, angry	8