

MANAGING STRESS WORKSHEET

Stressors



What are the most stressful things in my life right now?

(e.g. pressures, worries, conflicts, responsibilities)

Ways to Reduce Stress

1

Change the stressful **situation**.
(2 Nephi 2:26)

2

Change my **perception** of the stressful situation.

- Growth promoting (2 Ne 2:2)
- Challenge
- Natural part of life
- Fun, humorous
- Learning experience (D&C 122:7)

3

Change my **capacity** to deal with the stressful situation.

Increase spiritual strength

- divine worth
- prayer
- scriptures
- love and serve others
- strength in God (Hel 5:12)

Improve skills

- preparation and organization
- work and study efficiency
- assertiveness
- stress management skills

Increase strength & energy

- good nutrition
- sleep (D&C 88:124)
- exercise
- regular relaxation practice

Making Changes



How can I change the stressful **situation**?



How can I change my **perception** of the situation?



How can I change my **capacity** to deal with the stressful situation?

“And see that all things are done in wisdom and order; for it is not requisite that a man should run faster than he has strength. And again, it is expedient that he should be diligent, that thereby he might win the prize; therefore, all things must be done in order.”

Mosiah 4:27